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Tuesday



BEFORE THE FALL

Petraeus sought to stop his mistress' threatening emails **13**

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NOT HER VAULT

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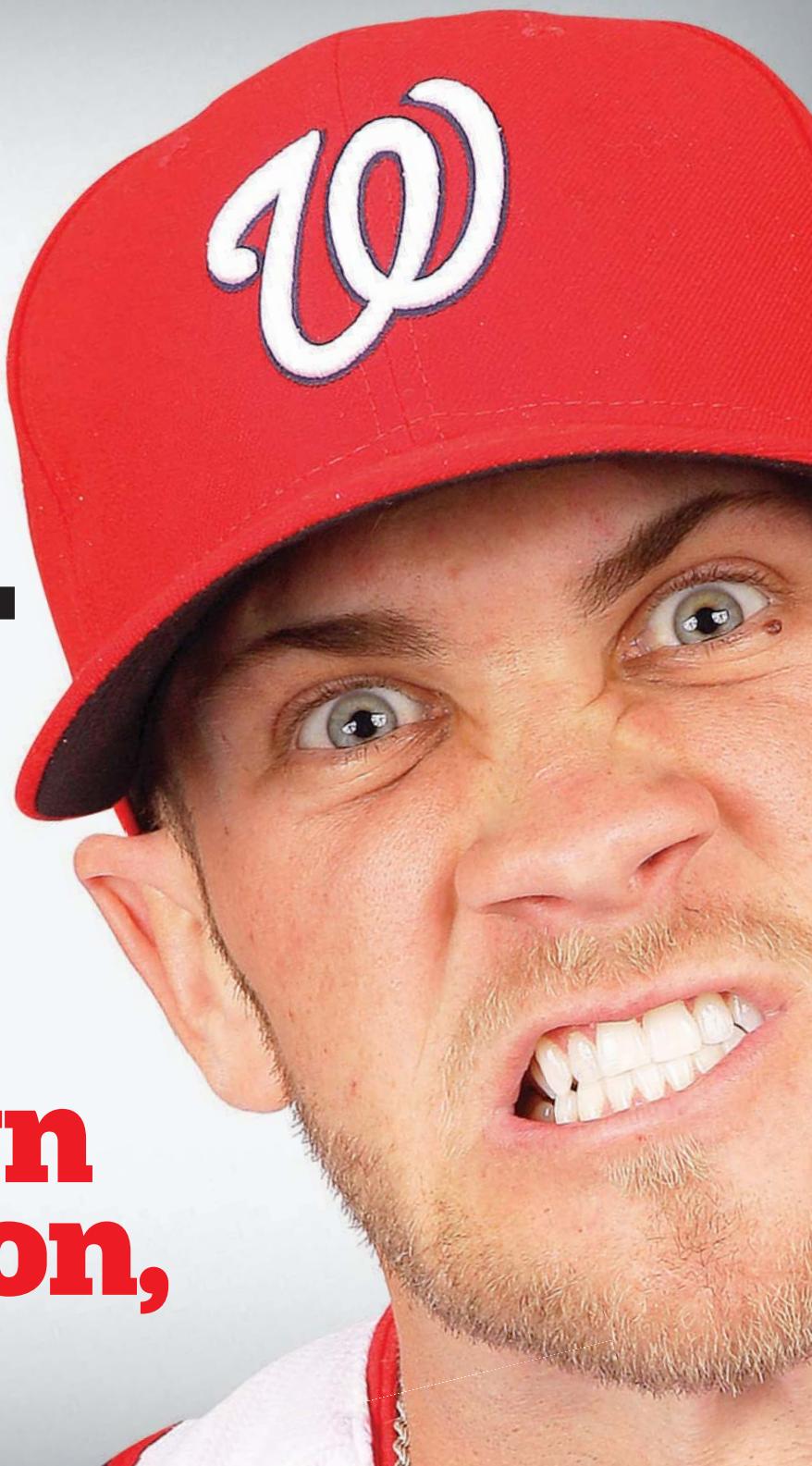


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NOVEMBER 13, 2012 | A PUBLICATION OF **The Washington Post** | NEWS, ENTERTAINMENT, ARTS, LIFESTYLES | **FREE DAILY**

Who's The NL Rookie Of the Year? That's A Clown Question, Bro.

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eye openers

ETIQUETTE

Wait, How Much Do You Tip The Car-Thief Delivery Guy?

Connecticut police say a man stole a car used to deliver Chinese food and made one delivery so he could keep the money. Police in West Hartford received a call from a Chinese food delivery driver saying his car had been stolen after he left it idling to make a delivery. The restaurant then had to notify customers that their orders had been stolen. The man was charged Friday. (AP)

“Customers may look at their Belgian buns in a different way now.”

—KELLY GILMOUR, AN ASSISTANT MANAGER AT A BAKERY IN ENGLAND, ON POSING AS MISS JUNE WITH A PILE OF DOUGHNUTS AND A CAN OF CREAM IN A CALENDAR TO RAISE MONEY FOR CHARITY, THE U.K. WEBSITE ORANGE REPORTED MONDAY

REASONS FOR DIVORCE

‘You’re Not as Good as This Made-Up, Unrealistic Person’

A British woman says she is divorcing her husband because he failed to help her spice up their sex life by re-creating scenes from “50 Shades of Grey.” The Daily Mail reported Sunday that in papers filed at the High Court, the 41-year-old banker said her husband’s lack of adventure is evidence of “unreasonable behavior,” which is one of five grounds for divorce under British law. The man is not contesting the divorce, so it will be granted quickly and without a court hearing. (EXPRESS)

The Big Picture

FREDERIC J. BROWN/AFP/GETTY IMAGES



THE VANILLA-CHOCOLATE TWIST: Former World Beard Champion Gerhard Knapp, of Germany, poses Sunday ahead of competition at the third annual National Beard and Moustache Championships in Las Vegas. Winners were chosen for facial hair that best enhanced their overall appearance, and categories included the Dali moustache, anything-goes full freestyle, and the best Fu Manchu.

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Afghan Killings Case Tests Military System

Experts: Technology could spur a new age of accountability

Joint Base Lewis-McChord, Wash.

The U.S. military has been criticized for its spotty record on convicting troops of killing civilians, but an ongoing hearing against Army Staff Sgt. Robert Bales involving a massacre in Afghanistan has shown that his case isn't like most others.

Government prosecutors have built a strong eyewitness case against the veteran soldier, with troops recounting that they saw Bales return to the base covered in blood. And in unusual testimony for a military court, Afghan civilians questioned via a video link described the horror of seeing 16 people killed, mostly children, in their villages.

Law experts say the case could test whether the military, aided by technology, is able to embark on a



LOIS SILVER/AP

Army Staff Sgt. Robert Bales watches witness testimony from Afghanistan on a monitor Friday during his hearing at Joint Base Lewis-McChord in Washington state.

new era of accountability.

Bales faces 16 counts of pre-meditated murder and six counts of attempted murder. The hearing, which began Nov. 5, is scheduled to end Tuesday and will determine whether he faces a court-martial. He could face the death penalty.

At Bales' hearing Friday, the prosecution accommodated the

Afghan witnesses by providing the video link and holding the sessions at night in the U.S. The military said it intends to fly the witnesses from Afghanistan to Joint Base Lewis-McChord if there is a court-martial.

"I think it shows they're going to prosecute this case no matter what it takes," said Greg Rinckey,

Backstory

Prosecutors say Robert Bales, 39, slipped away from remote Camp Belambay in Afghanistan to attack two villages early on March 11, killing 16 civilians. Afghan witnesses recounted the villagers who lived in the attacked compounds and listed the names of those killed. The bodies were buried quickly under Islamic custom, and no forensic evidence was available to prove the number of victims. No witness was able to identify Bales as the shooter, but other evidence, including tests of the blood on his clothes, implicated him. (AP)

an Army prosecutor from 1999 to 2004. "This is not the fog of war."

Through the video monitor, Bales saw young Afghan girls and boys describe the bloodbath he's accused of committing. And he saw men describe unspeakable carnage.

From the other side of that video link, in Afghanistan, one of the men saw something else — signs that justice will be done.

"I saw the person who killed my brother sitting there, head down with guilt," Haji Mullah Baraan said Monday. "He didn't look up toward the camera." GENE JOHNSON AND JULIE WATSON (AP)

In Brief

WASHINGTON

Panetta: Obama Nearing Afghan Troop Decision



Defense Secretary Leon Panetta says the Obama administration will decide in the next few weeks how many U.S. troops will remain in Afghanistan — and for what purposes — after the U.S.-led combat mission ends in 2014. (AP)

INDIANAPOLIS

Owner: Furnace May Have Caused Deadly Explosion

John Shirley, the owner of the exploded Indianapolis home, said Monday a faulty furnace might have caused the blast that killed two people and damaged dozens of houses Saturday. A spokesperson for Citizens Energy, the natural gas supplier to the home, said it did not receive any prior report about a faulty furnace. (AP)

WASHINGTON

More Women Than Men Have Driver's Licenses

More women than men have driver's licenses, a University of Michigan's Transportation Research Institute study revealed Monday. The findings could likely have safety and economic implications on vehicle demand, energy consumption and road safety. (AP)



Unsunken Treasure: A collection of the jewelry recovered from the wreckage of the Titanic will go on public display for the first time in a three-city tour. The jewelry, found during a 1987 research and recovery mission, includes diamond and sapphire rings, brooches, necklaces, cuff links and a gold pocket watch. Debuting this Friday in Atlanta's "Titanic: The Artifact Exhibition," the exhibit will travel to Orlando, Fla., and Las Vegas. (AP)

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Nation

Sandy's Damage Draws Gawkers

Residents trying to clean up have a new annoyance: tourists

New York

Garbage trucks, hulking military vehicles and mud-caked cars move slowly through a Staten Island waterfront neighborhood still reeling from Superstorm Sandy's storm surge. Then comes an outlier: a spotless SUV with three passengers peering out windows at a mangled home choked with sea grass.

Residents recognize the occupants right away. They're disaster tourists, people drawn to the scene of a tragedy to watch the pictures they've seen on television come to life.

Two weeks after the superstorm socked the region, cleanup continues in New York and New Jersey, which bore the brunt of the destruction.

"If this is their source of entertainment, to wallow in other people's despair, I don't have the time. I'm trying just to clean out and save what I can save."

— KIM BARONE OF STATEN ISLAND, ON THE INFUX OF TOURISTS TO PARTS OF NEW YORK AND NEW JERSEY WHO ARE DRAWN TO THE DESTRUCTION LEFT BY SANDY

\$30B

The amount New York Gov. Andrew Cuomo plans to request in federal disaster aid to rebuild after Superstorm Sandy, which heavily damaged parts of New York City and Long Island, an administration official said Monday. (AP)

At its peak, the storm knocked out power to 8.5 million in 10 states, and some lost it again during a later nor'easter. But the storm didn't just bring darkness and despair.

In Staten Island, Mickey Mer-

rell's front porch was askew, and across the street a house was washed off its foundation.

"Sometimes it's like we're at the zoo," Merrell said. "So many people come and stop and stare."

Michelle Van Tassel, a Staten Island resident tried to deliver supplies to friends but couldn't get through because there were so many people on the street who had no business being there.

"It seemed like more of a tourist attraction down there than it actually felt like people who were trying to help," she said, her voice breaking. CHRISTINA REXRODE (AP)

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Nation

Hearsay



"The president ... was elected on the basis that he was not Romney and Romney was a poopy head and you should vote against Romney. But he didn't make the case that we should have higher taxes."

— GROVER NORQUIST, PRESIDENT OF AMERICANS FOR TAX REFORM, SUGGESTING MONDAY ON CBS' "THIS MORNING" THAT PRESIDENT BARACK OBAMA WAS RE-ELECTED BY CASTING MITT ROMNEY IN AN UNFAVORABLE LIGHT.

Elmo Puppeteer Accused Of Underage Relationship

New York

The puppeteer who performs as Elmo on "Sesame Street" is taking a leave of absence from the iconic kids' show in the wake of allegations that he had a relationship with a 16-year-old boy.

Puppeteer Kevin Clash has denied the charges, which, according to Sesame Workshop, were first made in June by the accuser, who by then was 23.

"We took the allegation very seriously and took immediate action," Sesame Workshop said Monday. The organization's investigation found the allegation of underage conduct to be unsubstantiated.

"I had a relationship with the accuser," Clash said. "It was between two consenting adults and I am deeply saddened that he is trying

Being Elmo



Kevin Clash has been a puppeteer for "Sesame Street" since 1984, when he was handed Elmo.

Clash also serves as the show's senior Muppet coordinator and Muppet captain. In 2006, he published an autobiography, "My Life as a Furry Red Monster," and was the subject of the 2011 documentary "Being Elmo: A Puppeteer's Journey." (AP)

ing to characterize it as something other than what it was."

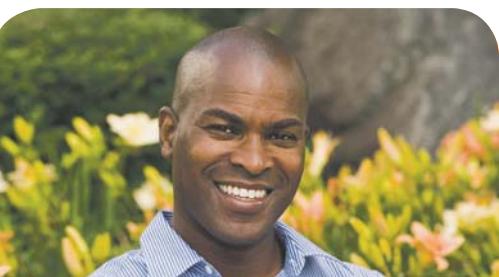
Sex with a person under 17 is a felony in New York if the perpetrator is at least 21. It was unclear where the relationship took place.

FRAZIER MOORE (AP)

AFRICAN STUDY

A study at NIH is recruiting healthy black African men and women to understand diabetes and heart disease risk in Africans.

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World

In Brief

SYDNEY

Australia to Investigate Child Sex-Abuse Claims



Australian Prime Minister Julia Gillard ordered a federal inquiry Monday into allegations of child sex abuse in state and religious institutions and community groups

following a string of sexual abuse accusations against priests and claims of a Catholic Church cover-up. Gillard had faced mounting pressure to order a wide-ranging investigation. (AP)

TEHRAN, IRAN

Iran Confirms Blogger Died in Police Custody

Iran's state prosecutor said Monday that a jailed blogger died in police custody and that wounds were found on his body, the first official confirmation of his death while being held. The U.S. and a rights group have called for an investigation of the Nov. 3 death of Sattar Beheshti. (AP)

MADRID

Banks in Spain Will Curb Homeowner Evictions

Spain's major banks agreed on Monday to suspend some evictions of homeowners after hundreds of thousands of Spaniards lost their homes in the economic crisis and after two recent suicides. The Spanish Banking Association declared the two-year halt only for homeowners they consider the most vulnerable. (AP)

TOKYO

Experts: Japan Heading For Second Recession

Japan's economy contracted 0.9 percent in late summer, according to government data released Monday, as officials and economists warned that the country appears headed toward another recession. (THE WASHINGTON POST)

\$2B

The amount of diamonds stolen since 2006 from fields in Zimbabwe to enrich President Robert Mugabe's ruling circle, as well as gem dealers and criminals, according to a group leading an effort against conflict diamonds. The report by Partnership Africa Canada, released Monday, coincided with a conference on the diamond trade. (AP)

Israeli Forces Fire Back at Syria

Tensions escalate as conflict spreads to Assad's neighbors

Tel Hazeka, Golan Heights

Israeli tanks struck a Syrian artillery launcher Monday after a stray mortar shell flew into Israel-held territory, the first direct clash between the neighbors since the Syrian uprising began nearly two years ago.

The confrontation fueled new fears that the Syrian civil war could drag Israel into the violence, a scenario with grave consequences for the region. The fighting has already spilled into Lebanon, Jordan and Turkey.

"We are closely monitoring what is happening and will respond appropriately," Israeli Prime Minister Benjamin Netanyahu said Monday in a speech to foreign ambassadors.

While officials believe Syrian President Bashar Assad has no interest in picking a fight with Israel, they fear the embattled leader may try to draw Israel into the fighting in a bout of desperation. Israeli officials believe it is only a

Region at Risk in Syrian War

► **Turkey:** Turkey has struck the Syrian military repeatedly in response to shelling and mortar rounds from Syria since Oct. 3, when shells from Syria struck the Turkish village of Akcakale, killing two women and three children.

► **Lebanon:** Mortars and shells from the Syrian side regularly crash in Lebanon and cause casualties, though Lebanese forces have never fired back. More dangerously, Syria's conflict has heightened deep rivalries and sectarian tensions in its smaller neighbor.

► **Jordan:** Jordan has taken the brunt of the refugee exodus from Syria, as about 265,000 Syrians have crossed the border. A number of stray Syrian missiles have fallen on Jordanian villages in recent weeks, wounding civilians.

► **Iraq:** Sunni and Shiite fighters from Iraq have entered Syria to join the civil war—the former on the side of the opposition, the latter siding with Syrian President Bashar Assad. Al-Qaeda fighters also are believed to be moving between Iraq and Syria. (AP)



matter of time before Syrian rebels topple the longtime leader.

The conflict has spilled over into several of Syria's other neighbors—whether in direct violence or in the flood of refugees fleeing the bloodshed. More than 36,000 Syrians have been killed in the

fighting, according to estimates by anti-Assad activists.

Potential Israeli involvement in Syria could be far more explosive. The bitter enemies both possess air forces, tanks and significant arsenals of missiles and other weapons.

Although the Israeli military

"We will not allow our borders to be violated or our citizens to be fired upon."

— ISRAELI PRIME MINISTER BENJAMIN NETANYAHU, TAKING A FIRM STANCE ON MONDAY AFTER MORTARS FROM SYRIA HIT ISRAELI TERRITORY IN RECENT DAYS

is more modern and powerful, Syria has a collection of chemical weapons that could wreak havoc if deployed. Fighting between the countries could also drag in Syria's close ally, the Lebanese guerrilla group Hezbollah, or Islamic militant groups in the Gaza Strip on Israel's southern flank.

Dore Gold, an informal adviser to Netanyahu, said neither Israel nor Syria has any interest in escalating the fighting.

"I see no indication of Assad wanting to draw Israel in. But ... Israel has to do what is necessary to make sure there's no spillover into Israeli territory," he said.

He described Israel's reaction Monday as a "carefully calibrated response." ARIEL SCHALIT AND JOSEF FEDERMAN (AP)

BBC Scandal Shifts Spotlight in U.K. From Murdoch

London

Few seem to be enjoying the meltdown at the BBC more than Rupert Murdoch, the News Corp. chief whose rival U.K. newspapers have been tied up in their own scandal.

But the troubles for both media organizations highlight that the news industry in Britain is at rock-bottom in public esteem, and could face restrictions from Prime Minister David Cameron's government.

The British Broadcasting Corp.

Meanwhile ...

Helen Boaden, the BBC's head of news, and deputy Stephen Mitchell were temporarily removed from their posts Monday in the wake of mistaken allegations by its marquee "Newsnight" program that a politician sexually abused children. BBC chief George Entwistle also resigned this weekend over the erroneous report, after only 54 days on the job. (AP)

has retracted allegations by its marquee news program that a politician sexually abused children. That followed the BBC's failure to report on child sex-abuse allegations against one of its biggest stars, the late Jimmy Savile.

"BBC mess gives Cameron golden opportunity [to] properly reorganize great public broadcaster," Murdoch tweeted Sunday.

The BBC scandal follows years of turmoil over News Corp.'s phone-hacking scandal. (AP)



INNOVATIONS

Full Speed Ahead

Toyota Motor Corp. is testing car safety systems in Japan that allow vehicles to communicate with each other and with the roads they travel. After a test drive Monday in Susono, Japan, Toyota officials said the smart-car technology will be tested on Japanese roads in 2014. Tests are also planned for the U.S. Rival Nissan Motor Co. recently tested cars that stop on their own, park themselves and avoid pedestrians. (AP)

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World

Ailing Greece Sees Racism Rise

As economic crisis deepens, foreigners are being targeted

Athens, Greece

The attack came seemingly out of nowhere. As the 28-year-old Bangladeshi man dug around trash bins one recent afternoon for scrap metal, two women and a man set upon him with a knife. He was treated for a gash to his thigh.

Police are investigating the assault as yet another in a rising wave of extreme-right rage against foreigners as Greece sinks further into economic misery. The details

vary, but the cold brutality of each attack is the same: dark-skinned migrants attacked by thugs.

Rights groups warn of an explosion in racist violence over the past year, notably since elections in May and June that saw gains by the far-right Golden Dawn party. The severity of the attacks has increased too, they say, including the use of ferocious dogs on the victims.

"Violence is getting wilder and wilder and we still have the same pattern of attacks ... committed by groups of people in quite an organized way," said Kostis Papaiannou, former head of the Greek National Commission for Human Rights.

Meanwhile ...

Greece's international creditors are proposing granting the country two more years to meet its debt reduction targets as the country enters its sixth consecutive year of recession, according to a draft obtained by The Associated Press Monday. Finance ministers from the 17 eurozone nations met Monday in Brussels to discuss Greece's situation. (AP)

As Greece's crisis drags on for a third year, a quarter of the labor force is out of work, with more than 50 percent of youths unemployed.

87

The number of reported racist attacks in Greece between January and September, but rights groups and charities say the true number runs into the hundreds. (AP)

With Greece a major entry point for illegal migrants seeking a better life in the EU, foreigners have become a scapegoat. Racist attacks are not officially recorded, so statistics are hard to come by.

"People are very, very much afraid," said Frances William, who heads a tiny Tanzanian community in Athens. (AP)

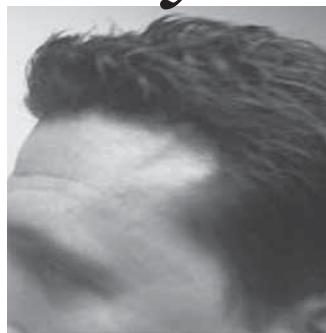


HONORS

You Don't Say

Britain's media are in a meltdown and its government has been prone to gaffes lately, so Oxford Dictionaries chose an apt Word of the Year: "omnishambles." Oxford crowned the word—defined as "a situation that has been comprehensively mismanaged, characterized by a string of blunders and miscalculations"—its top term of 2012. Its top American term for the year is "gif," short for graphics interchange format, a format for online images. (AP)

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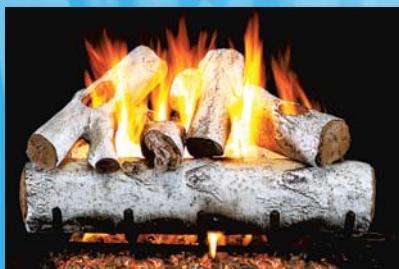
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AP/GETTY IMAGES

Petraeus Tried To Stop Threats

Ex-CIA director told his mistress to halt emails to socialite, officials say

Washington

Former CIA director David Petraeus told the woman with whom he was having an extramarital affair to stop sending threatening emails to a family friend, Jill Kelley, after a federal investigation determined who was behind the harassment.

The move by Petraeus came in mid-summer after Kelley contacted a friend who worked as an FBI agent, beginning a process that would force the former four-star general's resignation last week.

The information, provided by two law enforcement officials, helps fill in a timeline when Petraeus' emails became the subject of a federal investigation into whether national security had been compromised during his affair with biographer-turned-lover Paula Broadwell.

Petraeus also told close associates that his relationship with Kel-

ley, Tampa socialite, was platonic, though Broadwell apparently saw her as a romantic rival.

Federal investigators have said Broadwell sent emails to Kelley from an anonymous account telling her to stop behavior she saw as overly friendly toward Petraeus, or she would be exposed.

The emails did not specifically cite Kelley's friendship with Petraeus, according to a person close to Kelley. She did not know who was sending them and why.

FBI investigators traced the emails to Broadwell. Kelley was informed that Broadwell was the sender, though she said that she did not know the woman, according to the person close to Kelley.



Official Shake-up

President Barack Obama likely envisioned the 48 hours after his re-election as days of celebration. Instead, he was forced to confront the resignation of CIA Director David Petraeus on Friday after he acknowledged an affair. Petraeus' departure creates another high-profile opening for the president to fill in his administration. While only Secretary of State Hillary Clinton has made clear she plans to leave early in Obama's second term, Treasury Secretary Timothy Geithner has suggested he is on his way out, and Attorney General Eric Holder has been noncommittal about his future plans. (TWP)

At some point, Kelley told Petraeus about the emails and named Broadwell as the person who had sent them. That may have prompted the CIA director to send his own emails to Broadwell, telling her to stop the harassment, the law enforcement officials said.

"I don't know how this rises to the level of an FBI investigation."

— REP. PETER KING, R-N.Y., DISCUSSING ON MONDAY THE INITIAL FEDERAL INVESTIGATION INTO THE THREATENING EMAILS SENT BY PAULA BROADWELL TO A FEMALE FRIEND OF DAVID PETRAEUS

Officials also discovered Broadwell was exchanging intimate messages with a private gmail account. Further investigation revealed the account belonged to Petraeus under an alias.

Petraeus and Broadwell apparently used a common trick to conceal their email traffic, a law enforcement official said.

Rather than transmitting emails to the other's inbox, they composed at least some messages and instead of transmitting them, left them in a draft folder or in an electronic "dropbox," the official said. Then the other person could log onto the same account and read the draft. This avoids creating an email trail that is easier to trace.

People close to Petraeus say his affair with Broadwell ended four months ago, around the time he emailed her about the harassment.

When confronted by FBI agents, Broadwell acknowledged the affair with Petraeus and turned over her computer to investigators.

FBI agents contacted Petraeus, and he was told that sensitive documents related to Afghanistan were found on her computer. He assured investigators they did not come from him. The FBI concluded there was no security breach. (THE WASHINGTON POST/AP)

Downfall Detailed

Spring 2006 Paula Broadwell meets Gen. David Petraeus at Harvard.

Jan. 2007 The Senate confirms Petraeus as the commanding general for U.S. troops in Iraq.

2008 Broadwell initiates a study of Petraeus' leadership.

Oct. 2008 Petraeus is named commander of U.S. Central Command.

June 2010 The Senate confirms Petraeus as the new commander for war in Afghanistan.

Sept. 2011 Petraeus is sworn in as CIA director.

Nov. 2011 Petraeus begins an affair with Broadwell, says retired Army Col. Steve Boylan.



January

Broadwell's book, "All In: The Education of General David Petraeus," is released.



May

Jill Kelley, a Tampa socialite and Petraeus family friend, starts receiving harassing emails. The FBI investigates soon after.

Summer

FBI agents determine that the email trail leads to Broadwell.

July

The affair between Petraeus and Broadwell ends, according to Boylan.

Oct. 27

House Majority Leader Eric Cantor, R-Va., learns of the affair from an FBI employee.

Nov. 7

The White House is first told of the affair. The retired general turns 60.

Nov. 8

Petraeus meets with President Barack Obama and asks to resign. (AP)

111

The ranking of Paula Broadwell's book — a biography of David Petraeus — on Amazon on Saturday after news of their affair broke. The book, "All In: The Education of General David Petraeus," was ranked 76,792 on Amazon the day before. (AP)



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Buses May Get More Road

Montgomery County mulls reserving busy lanes for public transit

Rockville, Md.

Montgomery County planners have proposed converting some lanes on the county's busiest roads to buses-only. Eager to avoid widening roads, the planners say bus-only lanes would be a faster and more affordable way to improve transit and limit growing traffic congestion.

The idea of taking asphalt from private vehicles in one of the country's most traffic-clogged regions is likely to draw protests from some

motorists. But Larry Cole, a Montgomery transportation planner, said the county's continued population growth will require persuading more people to forgo the convenience of driving by making buses faster and more reliable — even if that means motorists get less room on the road.

"If our future is more in transit, then that's what should get priority in the assignment of our transportation infrastructure.... I think there's been a running assumption [in transportation planning] that people want to drive, but that assumption is changing," Cole said.

The proposal, which the County Council would have to approve,

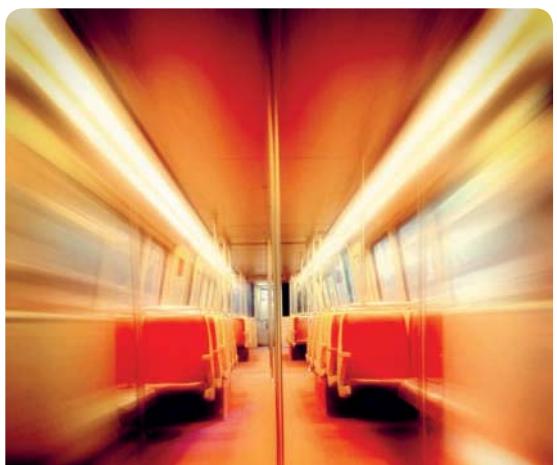
Similar Idea

WMATA is also studying the possibility of running buses in dedicated lanes. A 2009 analysis showed that dedicated bus lanes in the region would attract 100,000 passengers. (TWP)

follows a national trend toward designing roads to move the most people. Traditionally, the focus has been on moving the most vehicles.

Montgomery's plan would be among the region's first experiments with dedicated bus lanes. There currently are two bus lanes on Seventh and Ninth streets NW in D.C.

KATHERINE SHAVER (THE WASHINGTON POST)



Submitted by **@202moptop**. If Metro trains ever hit warp speed, you've now got a pretty good idea of what it may look like inside one.



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Most Executive Branch employees and employees from a few other agencies are eligible to participate in the FSAFEDS Program. However, some agencies, such as FDIC, Department of Treasury-OCC, CTS, U.S. Postal Service, etc., have their own FSA program. Employees from those agencies and other non-participating agencies cannot participate in the FSAFEDS Program.

Local

Safeway Aids Veterans' Transition

Grocery chain seeks ex-officers to place in management roles

Gaithersburg, Md.

After nearly five years in the Air Force, Monica Linzmeyer packed up her uniforms and put them in the attic. These days, she wears slacks and dress shirts to her job as a Safeway store manager in Gaithersburg.

Linzmeyer, 29, is one of about 150 former military officers who have completed Safeway's 41-week Junior Military Officers training program for former lieutenants and captains. At the end of the program, graduates are placed in store manager or warehouse superintendent positions.

"We're looking at these peo-



Newly trained Air Force veteran Monica Linzmeyer checks produce at a Safeway store in Gaithersburg, where she is a manager after completing a 41-week course.

marketing vice presidents, executive vice presidents," said Greg Ten Eyck, a spokesman for the Pleasanton, Calif.-based chain of grocery

that was previously untapped."

Russ Jackson, senior vice president of human resources for Safeway, says he came up with the idea

through an issue of Fortune magazine in 2010.

"They had pictures of military people in fatigues, and then pictures of the same people in civilian clothes," he said. "All of a sudden, it just crystallized for me that there needs to be a bridge between the two. ...

"Normally, we put store managers through leadership training," Jackson said. "This program flipped it — we didn't care if you had retail experience or not, we just wanted you to have substantial leadership experience."

For Linzmeyer, a former Air Force launch officer who worked with ballistic missiles, the transition to managing a grocery store has been a change of pace.

"It's like you're managing seven different businesses under one roof," she said.

Principals Sue Pr. George's School System

Upper Marlboro, Md.

The principals' union has filed a class-action lawsuit against the Prince George's County public school system and its Board of Education.

The Association of Supervisory and Administrative School Personnel filed the suit, alleging discrimination based on age and race, on behalf of its 800 members.

The complaint, which seeks \$100 million in lost wages and benefits, interests, costs expenses and attorney fees, was filed this month in District Court.

The union alleges that the school system terminated 27 employees in spring 2011 "under the guise or pretext of a reduction in force and/or reorganization."

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Meet Lucas and Joshua, a CFCNCA charity volunteer and beneficiary. Read their stories online at www.cfcnca.org and share your own via twitter #CFCNCA2012.

Local

D.C. Leaders Want Armed Forces to Display Flag

Washington

Del. Eleanor Holmes Norton, Mayor Vincent C. Gray and other city leaders brought attention Monday to a House-approved provision that would require the armed forces to display the D.C. flag whenever the flags of all 50 states are exhibited.

Norton, D-D.C., wants Senate Democrats to place the provision in the 2013 Defense authorization bill and wants President Barack Obama to require federal agencies to do the same by issuing a memorandum. She made the requests at a news conference Monday morning at the D.C. War Memorial.

According to a news release, Norton was inspired to push for the recognition of the D.C. flag after Tomi Rucker, an investigator with the District's Fire and Emergency Services Department, and Michael Boyd, a District police sergeant, were struck that the flag was not displayed at their son's graduation from the Naval Station Great Lakes in North Chicago.

"Today's D.C. Veterans Day commemoration is about respect for the District of Columbia and the citizenship of our residents, epitomized by the treatment of Seaman Jonathan Rucker at his graduation from Naval Station Great Lakes," Norton said in the news release.

"And, it is about respect for our World War I memorial, which was at issue last Veterans Day, but has been secured exclusively for D.C.'s World War I dead in time for this year's commemoration. The election has just ended, but at our press conference, we will discuss some unfinished work for the president, the Congress and the Defense Department."

NIKITA STEWART (THE WASHINGTON POST)

The Lotteries

Monday, Nov. 12

District

Mid-day Lucky Numbers.....	5-5-7
Evening Lucky Numbers (Sun.).....	0-0-1
Mid-day DC 4.....	3-5-0-6
Evening DC 4 (Sun.).....	1-2-6-7
Mid-day D.C. Five.....	8-0-3-5-1
Evening D.C. Five (Sun.).....	6-7-0-3-9

All winning numbers are official only when validated at a claims location. Drawings that occur after Express' deadline will be published two days later.



Save Our Ship

A new report says the John H. Glenn Jr., the only rescue boat in D.C. capable of responding to large-scale emergencies, needs more than \$700,000 in repairs. The report says the 50-year-old boat's Coast Guard documentation is expired. Inspectors say the boat's radio can't transmit an automated distress call. (AP)



The proposal would require the armed forces to display the D.C. flag when all 50 states' flags are exhibited in public.

mized by the treatment of Seaman Jonathan Rucker at his graduation from Naval Station Great Lakes," Norton said in the news release.

"And, it is about respect for our World War I memorial, which was at issue last Veterans Day, but has been secured exclusively for D.C.'s World War I dead in time for this year's commemoration. The election has just ended, but at our press conference, we will discuss some unfinished work for the president, the Congress and the Defense Department."

NIKITA STEWART (THE WASHINGTON POST)

Maryland

Mid-day Pick 3.....	3-2-3
Evening Pick 3 (Sun.).....	0-3-4
Mid-day Pick 4.....	8-4-3-1
Evening Pick 4 (Sun.).....	4-2-5-7
Match 5 (Sun.).....	8-14-22-23-38 (36)

Virginia

Mid-day Pick 3.....	9-5-8
Evening Pick 3 (Sun.).....	7-9-6
Mid-day Pick 4.....	2-7-2-2
Evening Pick 4 (Sun.).....	6-9-8-1
Mid-day Cash 5 (Sun.).....	13-23-24-30-34
Evening Cash 5 (Sun.).....	5-27-30-31-32

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The study will last for up to 42 weeks and will require between 13 and 15 visits to a study center. There is also the option to extend participation in the study to 122 weeks (just over 2 years). Suitable participants will receive study-related medication and health assessments at no cost.

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tmiles01@gwu.edu

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The study will last about 6 years and will involve approximately 23 visits to a study center and scheduled telephone calls. Suitable participants will receive study-related medication and health assessments at no cost.

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If you're experiencing symptoms of Restless Legs Syndrome (RLS), learn more about this medical research study of an investigational RLS drug.

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If you are experiencing unpleasant sensations in your legs and the urge to move them, which are common symptoms of RLS, or have been diagnosed with moderate-to-severe RLS, we hope that you will consider participating in CONCORD. To pre-qualify for the CONCORD study, you must be:

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- Experiencing RLS symptoms for at least 15 nights in the month before beginning the study or, if currently receiving RLS treatment, 15 nights in the month before beginning treatment

All study-related visits, tests, and study drugs will be provided to participants at no cost. In addition, reimbursement for time and travel may be provided.

For more information about CONCORD, please contact:

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Clinical research study for participants experiencing moderate-to-severe Restless legs syndrome

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Holiday Craft Contest



Celebrate the spirit of the season and show off your best handmade craft! Submit a photo of your original creation to our contest where judges and readers will choose the best of the best. This year the Local Living section is working with guest judge Nicholas Bell of the Smithsonian American Art Museum's Renwick Gallery.

Your entry can be sewn, woven, knitted, molded with plain paper or papier-mâché, or created with any materials you like. It can decorate a tree, hang on a wall, sit on a table or be wearable. It should have a winter holiday or winter-appropriate theme.

The best crafter will win a prize and be featured in The Post's Local Living section in December!

Submissions are due Monday, Dec. 3.



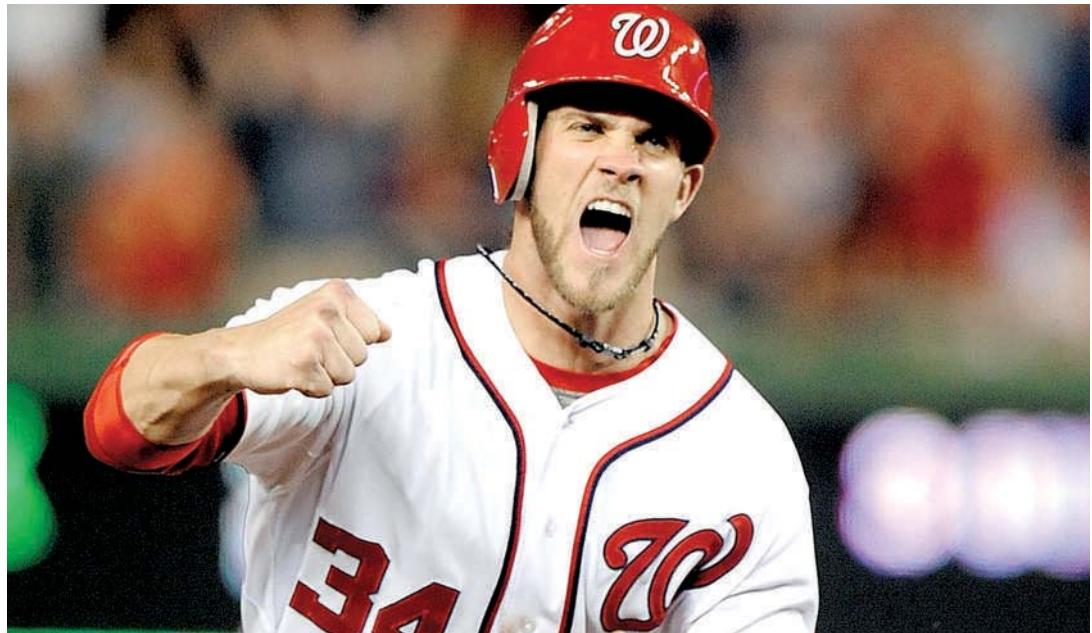
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Sports



Bryce Harper, 20, became the second-youngest player ever to win Rookie of the Year, older only than Dwight Gooden in 1984.

Head of The Class

At 20, phenom is Nationals' first-ever NL Rookie of the Year award winner

The Nationals

At every level of his career, Bryce Harper has found a way to excel and become the best player on the field. On April 28, he was unexpectedly thrust into his dream, into the major leagues at the age of 19. And over the next five months, Harper produced one of the finest seasons ever for a teenager, while many his age were freshmen in college.

On Monday, the top overall pick in the 2010 draft who became a mainstay in the Washington Nationals lineup was honored as the National League's Rookie of the Year. He became the first Nationals player to earn the distinction, validation that all the hype and expectations that have surrounded Harper for years were indeed well placed. Harper received 112 votes, 16 of them for first place, narrowly

edging Arizona's Wade Miley, who finished with 105 votes, 12 of them for first place.

"I just want to help my team win, game in and game out, and nothing much else matters to me," Harper said in an interview with MLB Network shortly after the award was announced. "Being able to play in the town of D.C. and the city is pretty unbelievable."

Harper is the second-youngest player to win the award, after New York Mets pitcher Dwight Gooden, who was one month younger when he won it in 1984.



Nothing Fishy: Mike Trout, 21, of the Los Angeles Angels became the youngest AL Rookie of the Year, a unanimous winner Monday after a season that put him in contention for the MVP award, too. The centerfielder hit .326 with 30 homers and 83 RBIs following his call-up from the minor leagues in late April. Trout received all 28 first-place votes from the Baseball Writers' Association of America, becoming the eighth unanimous AL pick. (AP)

Five Favorite Harper Moments



1 Stealing Home In the bottom of the first inning on May 6, Harper picked up his first career stolen base by stealing home when Phillies pitcher Cole Hamels tried to pick Jayson Werth off first.

2 Softball on the Mall One day before making his debut in Washington, Harper was sightseeing when he was asked to join a softball game taking place on the National Mall. He hit a few drives before chatting with curious onlookers.



3 That's a Clown Question, Bro. Few moments endeared Harper to fans more than his retort in June to a Toronto reporter's question about whether the 19-year-old would take advantage of Canada's lower drinking age.

4 Rocket Arm Harper wowed with his throwing ability, finishing with eight outfield assists, including throwing out a couple of runners at home plate.



5 Postseason Power At just 19, Harper became the first teenager to hit a triple in a postseason game—and the second-youngest player to homer with his hits in Game 5 against the Cardinals. (EXPRESS)

"He really exceeded my expectations, the way he conducted himself in the clubhouse, the professionalism, the way he interacted with his teammates," Nationals general manager Mike Rizzo said last week. "As a young kid, he showed the maturity and the leadership to go out there and play every day. He was one of the mainstays of that team. He was an integral part of that team."

Mike Trout, the Los Angeles Angels of Anaheim's super rookie and AL Rookie of the Year, and Harper were teammates, and became friends, on the Scottsdale Scorpions in the Arizona Fall League last year, and both players will continue to be linked.

A year ago, Harper was riding buses across the Northeast for Class A Hagerstown and Class AA Harrisburg, serving his time in the minor leagues with a \$9.9 million contract in his pocket. This spring he was on the Nationals roster, contributing to a first-place team.

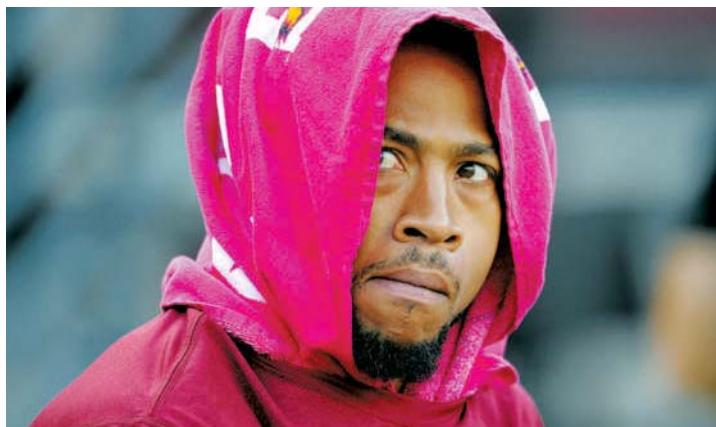
The Nationals turned to Harper in late April out of need, and he immediately injected life and spark into a then-punchless Washington offense. The cocky player that some feared would carry over from the minor leagues was gone; Harper blended into the Nationals clubhouse. He said all the right things, and on the field displayed a fiery, aggressive style of play. Harper played a strong center field and batted second for a first-place team, facing the pressures of performing for a contending team in a pennant race.

Despite missing the first month of the season and a midseason slump, Harper played in 139 games and finished atop many major categories among NL rookies. He was second among NL rookies with 22 home runs, fourth with 59 RBI, tops in with 98 runs scored, second with 18 stolen bases, fourth with a .817 on-base plus slugging percentage and first with nine triples.

Most every game, Harper found a way to affect the contest, whether with his powerful swing or his strong throwing arm or aggressiveness on the base paths.

JAMES WAGNER (THE WASHINGTON POST)

Sports



CLIFF OWEN/AP

Pierre Garçon, the Redskins biggest offseason acquisition, has missed six games.

Garcon, Still Hurt, Is Back in Practice

WR still questionable for Eagles game with nagging toe injury

The Redskins

Washington Redskins wide receiver Pierre Garçon practiced for the first time in six weeks Monday and said that he saw a fair amount of action but remained limited by his problematic right toe.

The receiver said he still has some pain in his toe, and doesn't know whether he can play Sunday against the Philadelphia Eagles, but still wants to avoid surgery.

"It's not 100 percent, but when I'm out there, I'm just going all out and giving everything I've got," Garçon said. "I did a lot. Didn't do everything, didn't take every play. Coach had us on a limited [snap count], getting back from a long break. I didn't do as much as the guys that have been around."

Garçon has missed six of his team's nine games while nursing a torn ligament in the second toe of his right foot. He injured it in the season opener while scoring on an 88-yard touchdown. Garçon left that game after playing only eight snaps. He missed the next two games, then limped through two more, recording only four catches.

Garçon — signed as Washington's biggest free agent of the offseason at \$42.5 million for a five-year deal — saw foot specialist Dr. James Anderson in Charlotte on Oct. 24, and his findings confirmed the conclusions of team doctors. Garçon opted against surgery with the hope that six weeks of rest would allow the ligament to heal on its own.

While teammates scattered to offseason homes during the bye week, Garçon went to Denver to receive treatment on his toe from foot specialists. MIKE JONES
(THE WASHINGTON POST)

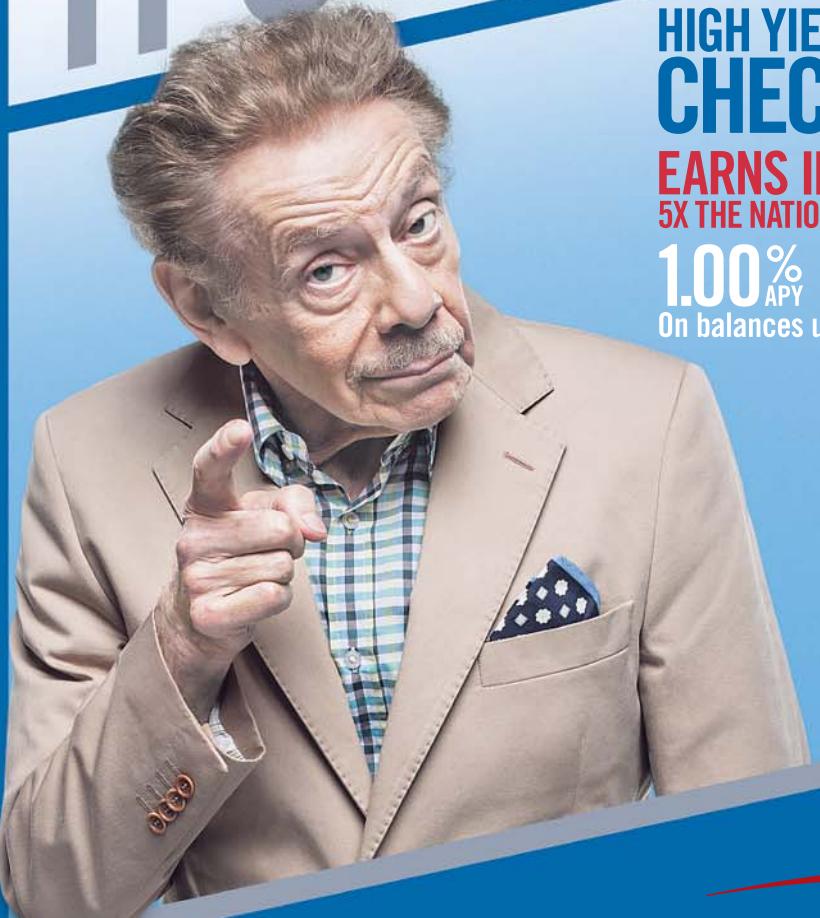


Santana Solution

Wide receiver Santana Moss participated in the Washington Redskins' practice Monday and said he felt fine. Moss suffered a concussion in the Redskins' most recent game, a loss to the Carolina Panthers prior to their bye week. He declined to discuss the details of the testing he underwent after suffering his concussion but said he was feeling "good" and added: "I practiced." (THE WASHINGTON POST)

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Sports

In Brief

PRO BASKETBALL

Lakers Sign D'Antoni As Newest Head Coach

The Los Angeles Lakers hired Mike D'Antoni late Sunday night, signing the former coach of the Suns and Knicks to replace Mike Brown. The Lakers confirmed the deal two days after the Lakers fired Brown five games into the season. D'Antoni agreed to a three-year deal worth \$12 million. Interim coach Bernie Bickerstaff will continue running the Lakers until D'Antoni arrives. (AP)



KATHY WILLENS/AP
Mike D'Antoni inked a three-year deal worth \$12 million to coach the Lakers.

PRO BASKETBALL

Sixers: Bynum Return Date Delayed Until 2013

Philadelphia 76ers center Andrew Bynum will miss at least five more weeks because of a bone bruise in his right knee and may not play in a game until early January. When Bynum was hurt in September, the team initially hoped he would be ready for the season opener Oct. 31. Late last month, though, the Sixers said he was out indefinitely. Philadelphia said Monday that the new goal was for Bynum to resume "normal basketball activity" around Dec. 10. He would then need 1-4 weeks of conditioning and practice before he can play. (AP)

PRO BASKETBALL

UConn Atop AP Men's Poll

Connecticut needed just one game to convince voters in The AP poll that the Huskies are still a pretty good basketball team, despite losing a Hall of Fame coach and five underclassmen after last season. UConn (1-0) moved into the Top 25 on Monday at No. 23, on the strength of its 66-62 win over Michigan State in Friday's Armed Services Classic played at the Ramstein Air Base in Germany. The team hadn't been ranked since Jan. 23 and didn't receive a single vote in the preseason poll. UConn was picked to finish ninth in the Big East after Jim Calhoun retired in September. (AP)

TV Lineup

COLLEGE HOOPS (6 A.M., 8 A.M., 10 A.M., 12 P.M., 2 P.M., 4 P.M., 7 P.M., 9 P.M., ESPN)

A wild day of hoops starts early with Stony Brook at Rider and ends with Duke vs. Kentucky in Atlanta.

COLLEGE HOOPS (8 P.M., 10 P.M., ESPN2) The preseason NIT tourney starts with Lamar tipping off against Kansas State.

WIZARDS (7 P.M., CSN) The winless Wizards look to get one over the Bobcats, with just two wins themselves.

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ahead



Keep on Trucking

Rachan Malhotra's food truck brings the Indian dishes of his childhood to the streets of D.C. **E7**



Many people have good ideas. You just have to empower them and make them believe in the things they can achieve."

—VINEET PURI, CHIEF FINANCIAL OFFICER OF MICROTECH, ON MANAGING EMPLOYEES **PAGE E2**



\$3.5M

The separation payment given to Christopher E. Kubasik, who was set to be Lockheed Martin's CEO before he resigned last week over a relationship with a subordinate. (TWP)



Bring Your Daughter To School Every Day

Local universities provide on-campus child care and other perks that make life easier for student-parents **E3**

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top of the ladder

Vineet Puri

The new chief financial officer and senior vice president of MicroTech, an information technology company based in McLean

BORN AND RAISED in India, Vineet Puri entered the family business, eventually running one of its manufacturing units. After the business consolidated, he left for the United States, where he earned an MBA and eventually began doing financial work for a string of government contractors and commercial businesses.

What is the biggest difference between India and the U.S. in terms of business?

There are more family-owned businesses [in India] versus management-run, shareholder-

focused business in the U.S. Also in the U.S. it's much faster to go from idea to decision.

What is your leadership style?

I'm firm but fair.

What does that mean?

Human brains and abilities are like a rubber band, you just have to stretch them a little. Many people have good ideas. You just have to empower them and make them believe in the things they can achieve.

What are ways you empower your team?

There are leaders who set the goal and get the things done and then take pride in presenting it to the executive team as if it was their idea. I believe if others had the original idea and I fine-tuned it, then it is OK for them to present so they can get to the next level and feel appreciated. They get to be owners of their idea.



“Every person has to pay their dues, and that’s part of gaining the experience. You start out doing a lot at the ground level.”

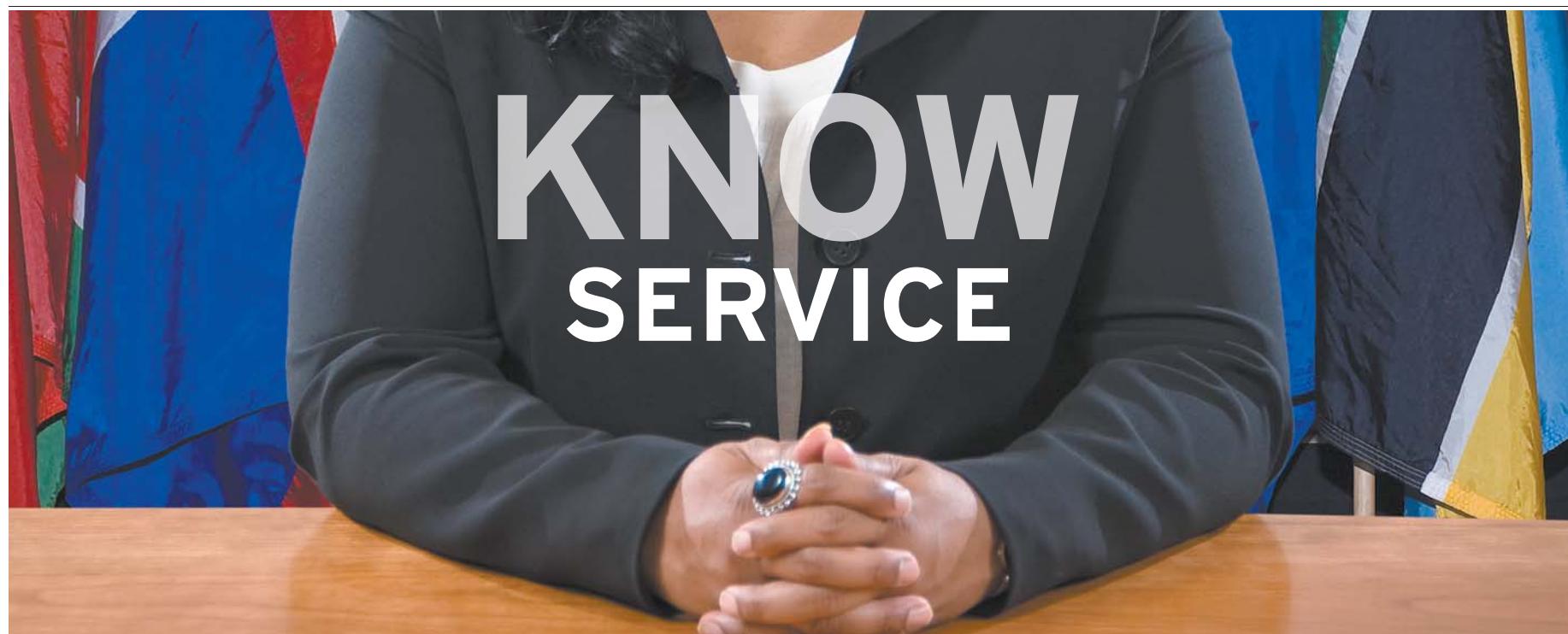
How have you grown most as a leader?

Every person has to pay their dues, and that's part of gaining the experience. You start out doing a lot at the ground level. Then as you grow, you start thinking about what matters to the junior staff. You start recognizing the talent and see that they are going somewhere. Whether it's encouraging someone to go get a degree or presenting to the executive team. Those are the things that are different than when I was down in the trenches. Now I help others achieve.

What does it take to be successful in D.C.?

You have to focus on the core competencies, government regulations and how to make opportunities occur.

VANESSA SMALL (CAPITAL BUSINESS)



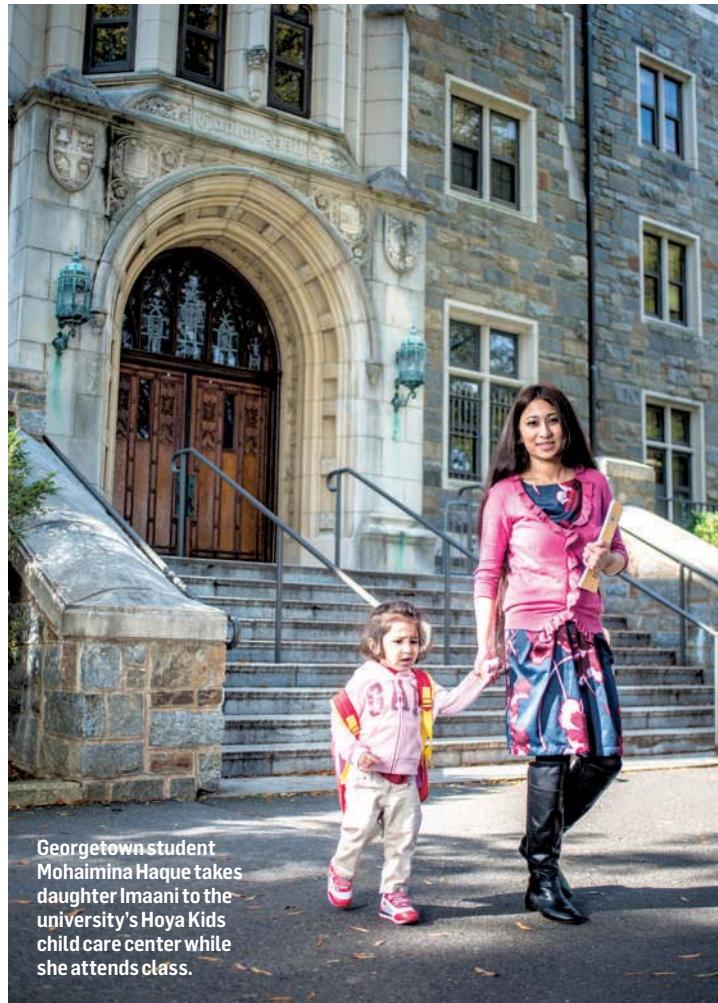
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ahead



"Everyone asks me how it's possible, but with planning and a good division of labor, it is," says Haque, who is earning a master's degree in social and public policy from Georgetown.

Helping her along the way are her husband, her family and now the staff at Hoya Kids, the child care center where her daughter, Imaani Arete Haque, enrolled this fall.

"Hoya is a big resource," Haque says. "It's a very nurturing environment."

"Everyone asks me how it's possible, but with planning and a good division of labor, it is."

— MOHAIMINA HAQUE, WHO JUGGLES CARING FOR HER 3-YEAR-OLD DAUGHTER WITH EARNING A MASTER'S DEGREE

Hoya Kids is one of several child care centers at D.C.-area grad schools that cater to the children of university students, faculty and staff. American University began its Child Development Center in 1978 with student-parents in mind. The University of Maryland's version is called the Center for Young Children. George Washington University has the Bright Horizons Children's Center.

These centers blend day care and education: Most of the staff are accredited teachers, and the centers allow university researchers to conduct observations or studies on the kids (with informed consent, of course). For instance, University of Maryland researchers have observed kids' interactions at the Center for Young Children to help them understand conflict resolution, moral judgment, social exclusion, relationships with adults and peers and language development in children.

The universities say they offer these centers to meet the needs of their staff and students who have families, to encourage adult students with kids to pursue further education, and to provide an educa

Continued on page E4

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ahead

Student Parents

Continued from page E3

tional experience to students who are interested in early childhood education and parenting.

Parents say they are drawn to the innovative educational curriculums, the lower tuitions (\$10,000-\$15,000 per year versus \$15,000-\$20,000 a year for the average full-time child care center in D.C.) and the practicality of having their kids on campus.

"I can eat lunch with my son if I want to," says Alice Register, 33, who started her MFA program in digital media at American University this fall and enrolled her 2-year-old son in AU's Child Development Center. "The fact that he's nearby is a huge thing," she says.

On a typical busy day, Register is up at 6:30 a.m. to prep for the day and drop off her son. She spends hours studying, doing homework or working on group projects, sits in classes from 2:30 to 9:30 p.m., and doesn't get to bed until nearly midnight.

University Child Care: By the Numbers

University child care centers are generally cheaper than traditional day care, though spots are hard to come by. Here are how three popular programs stack up in terms of scope, capacity and cost.

Hoya Kids at Georgetown University

Ages: 18 months to 5 years **Capacity:** 58

Tuition: \$1,250 per month (toddlers), \$1,175 per month (2-3 years) or \$1,100 per month (preschoolers). Families with combined income below \$150,000 are eligible for scholarships. **Open to:** Georgetown University students, faculty and staff.

The Child Development Center at American University

Ages: 2½ to 6 years **Capacity:** 30

Tuition: \$1,100 per month for AU students, \$1,200 per month for AU-affiliated families, \$1,300 per month for community members. **Open to:** American University students, faculty, staff and alumni, as well as affiliates of nearby Wesley Theological Seminary. If space allows, also open to affiliates of on-campus organizations, and to the surrounding community.

Center for Young Children at the University of Maryland

Ages: 3 to 5 years **Capacity:** 110

Tuition: \$10,000 a year for full-time preschool/kindergarten, \$7,000 a year for part-time preschool. A limited number of need-based partial scholarships are available. **Open to:** University of Maryland faculty, staff and students. If space allows, open to the community. **E.B.**

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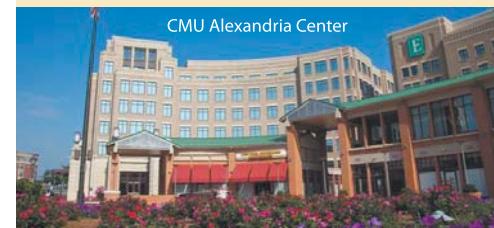
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Without the center, Register says, she wouldn't have been able to start school this semester. "Definitely the Child Development Center has made it possible for me."

Getting In

Unfortunately, openings are few at these facilities. So much so that Georgetown University doctoral student Joseph Murray, 32, who was determined to enroll his child at Hoya Kids, submitted an application the week his son was born.

"He was delivered at Georgetown [Hospital]," Murray says.

"On the third day, I walked over and gave them the form."

At Hoya Kids, about 100 families vie for the 12 to 18 spots that open each year, and parents spend an average of 18 months on the waiting list, says director Jane Banister.

Georgetown can accommodate 58 kids a year, while American takes 30 and the University of Maryland's center currently has 110.

Age ranges vary, but most centers accept kids between 2½ and 5 or 6 years old. (Once kids reach 3 or 4, parents also can apply for a spot in D.C.'s public preschool or

pre-kindergarten programs.)

It's common for parents to put their newborns on the waitlist at AU's center, too, so they get off the waitlist by the time their child is old enough to attend.

"With all that demand, we have to look into expanding," Charfi says, though she adds that American has no immediate plans to do so.

Baby Benefits

Some area universities offer maternity and even paternity leave for student-parents after the baby is born.

Georgetown Ph.D. graduate

Meredith Clifford, 30, took her maternity leave in the time between defending her dissertation and turning in her thesis.

At Georgetown, grad students can take up to six weeks of parental leave after the birth, adoption or foster placement of a child. Professors are told to be flexible about attendance and assignment deadlines during this period, and if necessary the student can take an "incomplete" in the course and make it up the following semester.

The University of Maryland also allows up to six weeks of leave after

birth or adoption, to help students balance the challenges of being new parents with the demands of grad school.

Her Ph.D. mentor, a professor and mother of two, helped her take advantage of the benefits and pushed her to complete as much coursework as she could before the baby arrived, Clifford says.

"She was just incredibly supportive, and really pushed me to do a great job on the thesis," Clifford says of her mentor, "and to 'keep that baby in there'" for as long as possible. **ERIN BYLANDER (FOR EXPRESS)**

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ahead



Rachan Malhotra's food truck, Rolls on Rolls, serves Indian food inspired by his mother's cooking.

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Rolling in Dough

A former IT consultant uses his business savvy to launch a food truck selling family recipes

Rachan Malhotra, 34

SALARY: \$60,000

POSITION: Owner, Rolls on Rolls food truck (@rollsonrolls)

WHAT HE DOES: Malhotra brings a taste of his family's healthy Indian cooking to the streets of Washington, D.C.

Malhotra and his staff start work early in the morning in the Silver Spring kitchen he rents. They marinate chicken and prep the paneer (Indian cheese) for Rolls on Rolls' signature dish: an unfried version of the classic kathi sandwich wraps sold on the streets of Delhi. They also bake samosas and mix up mango lassis. They even grind their own spices: "That's one

thing that sets us apart in terms of flavor," Malhotra says.

Each morning Malhotra loads the food onto his Crayola-yellow truck and fires up the steamers inside to keep things hot. By 9:30 a.m. he's hunting for a parking spot around one of the squares that are popular food truck destinations.

When the lunch lines start to form around 11:30, Malhotra starts taking orders. He helps customers decide which fillings they would like on their whole-wheat kathi wrap — chicken, chickpeas, mixed vegetables or paneer. The sandwiches are topped with one of Malhotra's freshly made chutneys, which range from mild to mouth-tingling.



Food truck Rolls on Rolls sells a healthier take on Indian street food.

PHOTO BY JASON HORNICK/FOR EXPRESS

"It's not an Indian thing to do: I couldn't quit my job and start a food truck [in India]. The social pressure would be immense."

HOW HE GOT THE JOB: After graduating from the prestigious Indian Institute of Technology Kanpur in 1999, Malhotra began a career in IT consulting. "I'm Indian, so I only had two options: Be a programmer or be a doctor," Malhotra jokes.

While working on projects in D.C., he saw some of the successful food trucks here. He thought he could make money by selling a version of his mother's cooking to hungry Washingtonians.

Homage to his mom aside, his parents found Malhotra's new career a bit unusual. "It's not an Indian thing to do," says Malhotra. "I couldn't quit my job and start a food truck [in India]. The social pressure would be immense."

Malhotra launched Rolls on Rolls in April 2011 in Silver Spring. That October he rolled into D.C.

WHO WOULD WANT THIS JOB: An entrepreneurial spirit is a requirement for running a food truck, as is the startup capital to go with it.

Malhotra had to save enough money to buy a truck and to support himself and his young son for a few months while developing his menu.

Once he got going, he learned firsthand that sales fluctuate throughout the year. "It's a roller-coaster ride," he says. "You've got to be able to handle that."

HOW YOU CAN GET THIS JOB: Visit the D.C. Department of Consumer and Regulatory Affairs (Dcra.dc.gov) for information on how to start a food truck business. They can help you with licensing and training and offer advice on health inspections and truck dimensions.

Of course, you also need a truck. The popular website Food Truck Fiesta endorses East Coast Custom Coaches (571-292-1583, Foodtruckfiesta.com) to buy new or used trucks. You could also try your luck with an independent dealer on Craigslist.org, as Malhotra did.

Once you're up and running, the D.C. Food Truck Association (Dcfoodtrucks.org) is here to help, lobbying on behalf of trucks and organizing food truck festivals, such as the Curbside Cookoff.

If you don't have a cooking background — or don't have great family recipes to inspire you — the Art Institute of Washington (Artinstitutes.edu) and L'Academie de Cuisine (Lacademie.com) offer full- and part-time culinary programs.

TRACY KRULIK (FOR EXPRESS)



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INSIDE

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Sincerely,


Marcia Bullard
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 CFC #11874 Give Kids The World
 CFC #10704 The Hole in the Wall Gang Fund
 CFC #11312 "I Have A Dream" Foundation®
 CFC #12008 Junior Achievement USA
 CFC #11375 Make-A-Wish Foundation® of America
 CFC #11574 National Black Child Development Institute
 CFC #53503 Nurse-Family Partnership
 CFC #11575 Prevent Child Abuse America
 CFC #10948 Reading Is Fundamental, Inc. (RIF)
 CFC #11277 Ronald McDonald House Charities®
 CFC #11158 Share Our Strength
 CFC #11243 SIDS Alliance/First Candle
 CFC #10949 STANDUP FOR KIDS
 CFC #11305 Starlight Children's Foundation
 CFC #10950 Teach For America
 CFC #11299 Tiger Woods Foundation, Inc.
 CFC #83992 UnitedHealthcare Children's Foundation
Health First™
 CFC #10963 Health First - America's Charities
 CFC #12117 Alzheimer's and Aging Research Center
 CFC #10892 Arthritis & Chronic Pain Research Institute
 CFC #11148 Black Women's Health Imperative
 CFC #12193 Breast Cancer Coalition
 CFC #11074 Cancer Research and Prevention Foundation (Prevent Cancer Foundation)
 CFC #11716 Christopher and Dana Reeve Foundation
 CFC #11149 Diabetes Research Institute Foundation, Inc.
 CFC #11990 Dystrophic Epidermolysis Bullosa Research Association of America

CFC #10362 Hospice America (American Hospice Foundation)
 CFC #12006 International Planned Parenthood Federation, Western Hemisphere Region
 CFC #82916 John Wayne Cancer Institute
 CFC #11991 Lance Armstrong Foundation
 CFC #12970 LUNGevity Foundation
 CFC #35748 Melanoma Research Foundation
 CFC #11150 Multiple Sclerosis Association of America
 CFC #11714 NARAL Pro-Choice America Foundation
 CFC #11151 National Down Syndrome Society
 CFC #11152 National Marfan Foundation
 CFC #11992 National Organization for Rare Disorders (NORD)
 CFC #11154 Ovarian Cancer Research Fund
 CFC #11715 Tuberous Sclerosis Alliance
 CFC #88763 United Cerebral Palsy
Community First™
 Greater Washington DC
 CFC #57456 Community1st - America's Charities of Greater Washington, D.C.
 CFC #21120 A Wider Circle
 CFC #77198 Arlington Housing Corporation
 CFC #60981 Arts and Humanities Council of Montgomery County
 CFC #39664 Capital Caring
 CFC #24770 Catholic Charities of the Diocese of Arlington, Inc.
 CFC #10324 The Children's Inn At NIH
 CFC #38270 Duke Ellington School of the Arts
 CFC #68151 Fairfax Court Appointed Special Advocates, Inc.
 CFC #40790 Food for Others, Inc.
 CFC #50781 Habitat for Humanity of Northern Virginia, Inc.
 CFC #33770 Higher Achievement Program - DC Metro
 CFC #40585 Hope Connections for Cancer Support
 CFC #83599 House of Ruth
 CFC #58126 Lorton Community Action Center (LCAC)
 CFC #67041 Make-A-Wish Foundation® of the Mid-Atlantic
 CFC #27085 Miriam's Kitchen
 CFC #85936 Montgomery Hospice, Inc.
 CFC #72369 Rebuilding Together Alexandria
 CFC #15005 Ronald McDonald House Charities® of Greater Washington D.C.
 CFC #79985 Shepherd's Table, The
 CFC #56138 Signature Theatre, Inc.
 CFC #91855 WAMU 88.5 American University Radio
 CFC #99581 WETA (Greater Washington Educational Telecommunications Association)
 CFC #98682 Youth For Tomorrow - New Life Center, Inc.



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PETS

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- **Rescue Waggin®**—vehicles transporting homeless dogs to adoption centers
- **Spay/neuter programs**—reducing pet overpopulation

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CFC# 10351
petsmartcharities.org

CFC #10224
America's Charities

www.charities.org
 (800) 458-9505

Helping you help others, our goal is providing member charities with the financial resources required to meet emerging needs. America's Charities addresses the needs of children, families, the hungry and the sick, in your community and across the nation. Support America's Charities and you help support America's most-loved causes.
 54-1517707

CFC #10360
100 Black Men of America

www.100blackmen.org
 (800) 598-3411

Our organization seeks to serve as a beacon of leadership by utilizing our diverse talents to create mentoring environments where our children are motivated to achieve, and to empower our people to become self-sufficient shareholders in the economic and social fabric of the communities we serve.
 58-1974429

CFC #10361
American Campaign for Prevention of Child Abuse and Family Violence

www.familyviolence.org
 (202) 429-6695

Your generous contributions to the American Prevention Campaign of the National Council help provide vital assistance throughout the United States to thousands of children, to spouses/partners (men and women), and to the elderly who are physically, mentally and emotionally abused and vulnerable to family violence in the home. Thank you.
 95-4356014

CFC #11889
American Center for Law and Justice

www.aclj.org
 (800) 296-4529

Specializing in constitutional law, the ACLJ is dedicated to the concept that freedom and democracy are God-given inalienable rights that must be protected. The organization defends religious liberties, human life and the family in cases all across the country. Legal services are provided at no charge.
 54-1586817

CFC #11890
American Civil Liberties Union Foundation

www.aclu.org
 (212) 549-2500

The nation's foremost defender of civil liberties. We stand up for your constitutional rights: free speech, religious liberty, equality, privacy, and due process. We fight unlawful detention, eavesdropping, and abuse of power. We protect the rights of every American, including minorities, women, immigrants, and the poor.
 13-6213516

CFC #10363
Amnesty International USA

www.amnestyusa.org
 (800) AMNESTY

Global grassroots organization whose membership takes collective action to stop grave abuses of human rights like systemic discrimination, wrongful imprisonment, torture and execution. Has 2.8 million members from more than 150 countries. Democratically run. Professional research and advocacy staff. No government, corporate or religious affiliation. 1977 Nobel Peace Prize winner.
 52-0851555

CFC #11891
Asian American Legal Defense and Education Fund

www.aaldef.org
 (800) 966-5946

A New York-based national organization that protects and promotes the civil rights of Asian Americans. By combining litigation, advocacy, community education and organizing, AALDEF works with communities across the country to secure human rights for all.
 13-2855641

CFC #58004
Boy Scouts of America

www.scouting.org
 (972) 580-2000

One of the nation's largest, most prominent values-based youth development organizations, providing a program for young people that builds character, trains them in the responsibilities of participating citizenship, and develops personal fitness while exploring the great outdoors and participating in high adventures. 3 million members and 50 million living alumni.
 22-1576300

CFC#10357**Canine Partners for Life**

www.k94life.org
(610) 869-4902

The mission of the organization is to increase the independence and quality of life of individuals with physical, developmental, and cognitive disabilities or who are in other situations of need. We achieve our mission by providing and sustaining professionally trained service and companion dogs.

23-2580658

CFC #11628**Catholics United for Life**

www.igniteyourtorch.org
(800) 764-8444

Pro-life Catholic organization dedicated to defending human life from the moment of conception until natural death. Activities include youth conference, educational programs, and a legal project that defends constitutional rights. A prison project provides resources to prison chaplains, and an evangelism outreach program proclaims the Gospel to government officials.

51-0195634

CFC #11102**Christian Appalachian Project**

www.christianapp.org
(866) 270-4227

Christian Appalachian Project (CAP) is a non-profit, faith-based service organization, assisting the people of Appalachia to become economically and socially self-sufficient. CAP is the region's largest human service organization, primarily focusing on the most under-served and at-risk populations in Central Appalachia, home of the most widespread poverty in America today.

61-0661137

CFC #11629**Diabetes Research and Wellness Foundation**

www.diabeteswellness.net
(866) 293-3155

Funds clinical investigations into the causes, prevention, treatment and cure of diabetes and associated complications. Conducts diabetes screening which targets high-risk populations. Provides diabetes education and materials to patients and health professionals to save lives from blindness, kidney disease, amputations. Publishes a monthly national newsletter, The Diabetes Wellness News.

52-1840230

CFC #10359**Dress for Success Worldwide**

www.dressforsuccess.org
(212) 532-1922

Dress for Success Worldwide is an international non-profit organization that promotes the economic independence of disadvantaged women who are seeking employment and self-sufficiency. We provide professional attire, a network of support, and the career development and employment retention tools to help women succeed in work and in life.

13-4040377

CFC #11892**Eagle Forum Education and Legal Defense Fund**

www.eagleforum.org
(618) 462-5415

Pro-family leadership by Phyllis Schlafly. Defends traditional families, parental rights in schools, reading by phonics, tax fairness, strong national defense. Provides articulate alternatives to liberalism and the radical feminism that pretends women and men are the same but demands preferential treatment. Trains for grassroots leadership in public policy making.

37-1097202



This is what we do.

And we need your contribution to do it.
Those in desperate need will thank you.

José Francisco Gallardo was a Brigadier General in the Mexican Army. He was thrown in jail for saying the military should protect human rights. Millions of Amnesty International members around the world wrote letters demanding his release. And it worked. He is now free - to be a husband, a father, and a powerful voice for human rights in Mexico.

#10363





The Humane Society of the United States celebrates the protection of all animals and confronts all forms of cruelty. While we are the nation's largest provider of hands-on services for animals, our most important goal is to prevent cruelty—before animals are homeless or made to suffer. We are the leading organization taking on animal fighting, puppy mills, seal killing, wildlife cruelty, factory farming, and inhumane slaughter.

Visit humane.org to find out how you can help.

Please support our work by designating
#11894 for your CFC contribution.



Celebrating Animals | Confronting Cruelty

CFC #10986
Feed The Children

www.feedthechildren.org
(800) 627-4556

Founded in 1979, Feed The Children's mission is providing hope and resources for those without life's essentials. In FY 2010, Feed The Children distributed more than 133 million pounds of food and other essentials to children and their families in all 50 states and internationally.
73-6108657

CFC #11627
Feeding America

www.feedingamerica.org
(800) 771-2303

Nation's leading domestic hunger-relief organization providing groceries for over 37 million Americans annually through our network of over 200 Members. Last fiscal year, we secured and distributed 960 million pounds through the Feeding America National Office.
36-3673599

CFC #11105
Foster Care To Success Foundation

www.fc2success.org
(800) 950-4673

At age 18 most orphans are completely on their own, they "age out" of Foster Care. FC2S provides moral and financial support to parentless teens who pursue college or vocational training. FC2S programs are volunteer run; coaching, leadership training and scholarships help youth without families become successful and independent adults.
52-1238437

CFC #11630
The Fund for Animals

www.fundforanimals.org
(888) 405-FUND

The Fund for Animals, founded in 1967 by Cleveland Amory, is a leading provider of direct care for animals and operates animal sanctuaries, including Black Beauty Ranch and sanctuaries in Southern California and on Cape Cod. We speak for those who can't -- on the web at fundforanimals.org.
13-6218740

CFC #11634
Gay, Lesbian, Bisexual & Transgender Scholarship Fund - Point Foundation

www.pointfoundation.org
(866) 337-6468

Point Foundation is the nation's largest scholarship-granting organization for lesbian, gay, bisexual and transgender (LGBT) students of merit. Point provides financial support, leadership training, mentoring and hope to LGBT individuals who are marginalized because of their sexual orientation, gender identity or gender expression.
84-1582086

CFC #12178
Goodwill Industries International, Inc.

www.goodwill.org
(800) 741-0186

Goodwill® agencies generate opportunities for people to achieve economic stability and build strong families by offering job training, employment placement services, and other community-based programs for people who have disabilities, lack education or job experience, or face other barriers to employment.
53-0196517

CFC #11893
Human Rights Campaign Foundation

www.hrc.org
(800) 777-4723

Conducts public policy research and public education on the social, economic and health issues affecting lesbian, gay, bisexual and transgender Americans, and to further its vision of an America where all Americans are ensured of their basic equal rights.
52-1481896

CFC #11894
The Humane Society of the United States

www.humanesociety.org
(202) 452-1100

The Humane Society of the United States is the nation's largest animal protection organization. Established in 1954, The HSUS seeks a humane and sustainable world for all animals. We are America's mainstream force against cruelty, exploitation, and neglect, and the nation's most trusted voice extolling the human-animal bond.
53-0225390

CFC #11073
Latino Youth Education Fund

www.lnesc.org
 (202) 835-9646

Since 1973, LNEC has made a significant impact in Latino educational attainment. Through a range of innovative educational and leadership development programs, LNEC has contributed to the academic success of nearly 500,000 promising but disadvantaged Latino students and has provided \$ 18 million in scholarships to over 28,000 minorities. 23-7262876

CFC #11895
LatinoJustice PRLDEF

www.latinojustice.org
 (800) 328-2322

LatinoJustice defends the rights of Latinos living and working in the US. We are one of the foremost Latino civil rights organizations in the country. Through impact litigation, we fight discrimination and assure Latinos' constitutional rights. Our educational and leadership development programs help Latinos pursue professional and community accomplishments. 13-2722664

CFC #10540
Meals On Wheels Association of America

www.mowaa.org
 (866) 517-6366

MOWAA provides funding to community-based senior nutrition programs across the country for delivery of meals and nutrition services to frail homebound senior citizens. These services improve nutritional and health status, enable older individuals to avoid premature institutionalization, and preserve independence and dignity by allowing them to remain in their homes. 23-7447812

CFC #10354
Mothers Against Drunk Driving

www.madd.org
 (800) 438-6233

Founded by a mother whose daughter was killed by a drunk driver, MADD is the nation's largest nonprofit working to protect families from drunk driving and underage drinking. As one of the largest victim services organizations, MADD also supports a victim of drunk driving every nine minutes. 94-2707273

CFC# 11104
NAACP Legal Defense and Educational Fund

www.naacpldf.org
 (800) 221-7822

Fights for equality and access to education, employment, health care, housing, environmental justice, voting rights, and criminal justice. Also monitors laws and helps to shape government policies, educates the public about civil rights issues, and provides scholarships to promising African American undergraduates and law students. 13-1655255

CFC #10355
NAACP Special Contribution Fund

www.naacp.org
 (877) 622-2798

Through its 2,200 units nationwide, programs are focused on the protection and advancement of civil rights by eliminating clear disparities between communities within areas of youth services, social, criminal justice, education, employment, emergency relief, health advocacy, housing, legal assistance. 13-1998814

CFC #10356
National Association of the Deaf

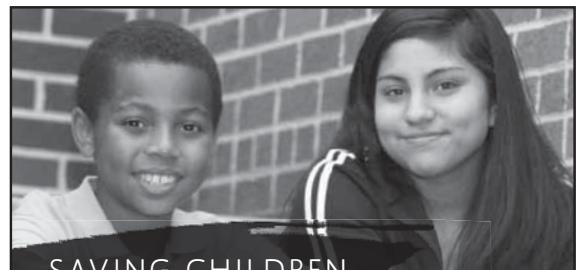
www.nad.org
 (301) 587-1788

The NAD was established in 1880 by those who believed in the right of the deaf community to use sign language, congregate on issues of importance, and have its interests represented at the national level. The NAD continues to safeguard the rights of the deaf and hard of hearing Americans. 94-1358295

CFC# 11631
National Law Enforcement Officers Memorial Fund

www.nleomf.org
 (202) 737-3400

To generate increased public support for the law enforcement profession by permanently recording and appropriately commemorating the service and sacrifice of law enforcement officers; and to provide information that will help promote law enforcement safety. 52-1382926



SAVING CHILDREN,
 HEALING FAMILIES
 For Our Future



Your gift helps Boys Town serve as a beacon of hope for America's Children and Families providing the right care at the right time for 50,000 children each year.



To make a donation, call 1-800-217-3700 or visit our Web site at boystown.org or e-mail us at helpkids@boystown.org

BOYS TOWN



"FCA GOT MY GAME AND ME READY FOR LIFE."

Since 1954, the Fellowship of Christian Athletes has been making a difference in the lives of coaches and athletes. One way is through our sports camps where we provide a week of "inspiration and perspiration." Join us in helping athletes be game ready in sport and life. To learn more, visit fca.org.

CFC #10987



America's Charities®

Helping you help others.





JOIN THE GLOBAL FIGHT AGAINST CANCER

For as little as \$5 per month, the Lance Armstrong Foundation can provide 36 cancer survivors access to online educational resources and inspirational survivor stories.

Fight for the more than 28 million people around the world living with cancer by designating the Lance Armstrong Foundation in your workplace giving campaign.

LIVESTRONG.ORG
CFC #11991

LIVESTRONG
LANCE ARMSTRONG FOUNDATION



The Human Rights Campaign Foundation works to positively impact every aspect of a lesbian, gay, bisexual or transgender citizen's life – from coming out, navigating the workplace, raising a family, getting married and more. Our work centers around the basic idea that everyone should be safe, out and open in their homes, communities and at work.

PLEASE HELP US CONTINUE OUR WORK TOWARD FULL EQUALITY AND DONATE GENEROUSLY THROUGH THE CFC #11893.



For additional information visit our website at www.hrc.org/foundation, or telephone us at **1-800-777-4723**.



CFC #11287
National Trust for Historic Preservation in the United States

www.PreservationNation.org
(800) 944-NTHP

The National Trust for Historic Preservation is a privately-funded nonprofit organization that works to save America's historic places to enrich our future. The National Trust for Historic Preservation is committed to protecting America's rich cultural legacy and helping build vibrant, sustainable communities that reflect our nation's diversity.

53-0210807

CFC #11691
Thurgood Marshall College Fund

www.thurgoodmarshallfund.net
(877) 690-8673

Thurgood Marshall College Fund's (TMCF) member-school network includes 47 public HBCUs and serves as a resource for nearly 300,000 students enrolled in TMCF-member schools. TMCF has provided more than \$100 million in scholarships, programmatic, and capacity building.

41-1750692

CFC #11070
Vietnam Veterans Memorial Fund

www.vvmf.org
1-866-990-WALL

The Vietnam Veterans Memorial Fund was originally founded to bring honor and recognition to the individuals who served and perished in the Vietnam War. Today, VVMF continues working to preserve the legacy of the Vietnam Veterans Memorial, to promote healing, and to educate about the Vietnam War Era.

52-1149668

CFC #11425
Wounded Warrior Project

www.woundedwarriorproject.org
(877) TEAM-WWP

Wounded Warrior Project (WWP) is a nonprofit organization whose mission is to honor and empower wounded warriors. WWP's vision is to foster the most successful, well-adjusted generation of wounded warriors in our nation's history.

20-2370934

CFC #11632
Zero Population Growth

www.populationconnection.org
(800) 767-1956

Rapid population growth threatens the quality of life for people everywhere. We're the national grassroots organization that educates young people and advocates progressive action to protect our environment, empower women, and improve everyone's quality of life by stabilizing world population at a level that can be sustained by Earth's resources.

94-1703155

CFC #10351
PetSmart Charities, Inc.

www.PetSmartCharities.org
(800) 423-PETS

PetSmart Charities, a 501(c) (3) non-profit organization, is the leading funder of animal welfare programs in North America. Established in 1994, PetSmart Charities has donated more than \$134 million to spay/neuter, adoption, emergency relief and educational programs and, through its in-store adoption program, helped save over 4.5 million pets.

93-1140967

CFC# 10352
Southern Poverty Law Center

www.splcenter.org
(888) 414-7752

SPLC is dedicated to fighting hate and bigotry and to seeking justice for the most vulnerable members of our society. Using litigation, education, and other forms of advocacy, the Center works toward the day when the ideals of equal justice and equal opportunity will be a reality.

63-0598743

Children First™**CFC #10287****Children First - America's Charities**www.charities.org

(800) 458-9505

Children First delivers services addressing the needs of children and their families in communities across the nation and around the world through member agency programs. 30-0186795

CFC #10700**ACTION for Child Protection**www.actionchildprotection.org

(800) 633-1285

Everyone hurts when a child is hurt. Even parents who maltreat and abuse their kids hurt. No one wants a child to get hurt again. ACTION for Child Protection helps keep children safe by providing their expertise to Child Welfare agencies in protecting children and preserving families. 56-1426213

CFC #10701**Cancer Research for Children - CureSearch (National Childhood Cancer Foundation)**www.curesearch.org

(800) 458-6223

(CureSearch) funds and supports children's cancer research and provides information and resources to all those affected by children's cancer. 95-4132414

CFC #36067**The Children's Health Fund**www.childrenshealthfund.org

(800) 535-7448

Children's Health Fund's (CHF) programs bring health care directly to those in need through the development and support of innovative medical programs, response to public health crises, and the promotion of guaranteed access to health care for all children. CHF serves more than 75,000 vulnerable children and family members annually. 3-3468427

CFC #65105**Children's Hospital**www.childrensnational.org

(800) 787-0021

Serving the nation's children for more than 140 years, patients from around the region, nation, and world seek care and treatment from this internationally recognized team of pediatric healthcare professionals. Through philanthropy, we provide world-class care to all families, including those who can't afford to pay for treatment. 53-0196580

CFC #10379**Children's Miracle Network Hospitals**www.childrensmiraclenetworkhospitals.org

(801) 214-7400

Children's Miracle Network Hospitals® raises funds for 170 children's hospitals across the United States and Canada, which use the money where it's needed the most. Donations stay in the community, helping local kids by supporting research and training, purchasing equipment and paying for uncompensated care. 87-0387205

CFC #11573**Children's Rights**www.childrensrights.org

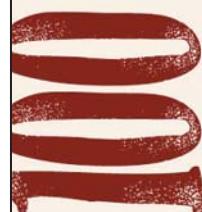
(212) 683-2210

A national watchdog organization advocating on behalf of abused and neglected children in the U.S. Since 1995, Children's Rights has used tough legal action and high-profile policy initiatives to bring sweeping change in child protection and foster care. 13-3801864

CFC #12007**Father Flanagan's Boys' Home**www.boystown.org

(800) 448-3000

Named by the BBB as an accredited charity. In addition, Boys Town was listed as a third time winner as one of the "100 Best Communities" for young people with America's Promise Alliance. Boys Town serves as a beacon of hope, providing the right care for over 50,000 children yearly. 47-0376606

ONE HUNDRED PERCENT OF MY ENERGY WENT INTO MY BABY'S RECOVERY.

CFC #11277

My baby Ethan was born a micro-preemie, just 1 lb., 4 oz. And I was a single mom, three hours from home, facing this alone. That's when I found the Ronald McDonald House®. Surrounded by so much warmth, I had little to worry about beyond my baby. Which meant 100% of me could care for him. Today, Ethan is a happy, healthy boy thanks, in great part, to the Ronald McDonald House.

Without you, moms like Lydia couldn't give all of themselves to their babies. Donate today at rmhc.org

*Let's help families find **STRENGTH in numbers***

**Fact****\$10 A MONTH**

can supplement more than 250 meals for hungry children in the U.S. each month.



Helping you help others.



**By Steve Delfin
President and CEO,
America's Charities**

Nonprofit organizations play a vital role in today's society; they provide support to thousands in need and fill voids left by the governmental services. In today's harsh economic climate, nonprofits need to be more efficient and effective in delivering the services and generating financial support especially through workplace giving.

Employees and employers alike benefit from workplace giving programs and are moving in a direction that offers greater choice and engagement. As the President & CEO of America's Charities, I am passionate when it comes to employee workplace giving and employee engagement. I have seen, firsthand, how contributions made through the workplace help communities. Employee donations help fund medical research, give children in foster care a second chance at a family, preserve the environment, feed the hungry and ensure civil and human rights.

The Vital Role

Through this time of economic uncertainty, America's Charities sees more and more employers embracing a commitment to employee engagement and giving and philanthropy. Workplace giving, in particular, is significant in its support of charitable causes in America and has historically been one of the highest-yielding and lowest-cost methods of fundraising for nonprofits. Workplace giving constitutes the single-largest pool of funds for the nonprofit sector, according to Boston University scholar, Emily Barmen. This is a \$5 billion market that has evolved and continues to evolve as a younger generation workforce begins to outnumber the Baby Boomer generation.

Workplace giving represents billions of unrestricted dollars distributed to nonprofits each year. As technology has evolved, new ways of online giving have emerged. While these newer ways are an excellent addition to the overall nonprofit funding cycle, these ways tend to be more episodic and much smaller — typically in the \$25 to \$50 range. With the workplace employee-giving model, because gifts given through payroll deduction are so easy to make and are ongoing, these gifts tend to be larger in size — typically in the \$250 to \$500 range annually — and that in essence is what it is all about.

The Evolving Role

The difference between what it used to be like in the 80's and 90's compared to what workplace giving is like now — it's very clear there are a couple key elements that people (especially today's younger generation of employees) absolutely demand from a contemporary workplace employee-giving program:

Giving at Work: A Vital and Evolving Act

1. The ability to choose: It used to be in the past that an employer would decide what cause to support and go around, in a rather coercive way, asking employees to contribute money. Coercion and giving cannot exist together. Not only is it important these days for the employer to be able to select which causes to support, but more importantly, it is about the employees being able to give to any bona fide, 501(c)(3) exempt charity that they choose.
2. The people strategy: More critical than ever and expanding into the future is how an organization connects the workplace employee-giving campaign to employee engagement, volunteerism, and the organization's commitment to social responsibility. Companies want to know exactly what kind of impact their company and employee donations are having. Trends in technology are making this possible and are making it so companies can employ workplace employee-giving and volunteer programs more easily and in a more traceable fashion. This allows companies to compare their efforts to others in their industry and roll that up to their corporate responsibility reports.

A large number of companies are looking for the choice and the ability to expand their workplace giving campaigns to provide undesignated, unrestricted funds for nonprofit organizations, which is the lifeblood of nonprofit organizations. It keeps it so money is not restricted to a certain activity or certain program. That is exactly what America's Charities' workplace employee-giving model offers and is committed to providing in the future to companies of all sizes — be it mid-size companies with 50 employees or large corporations with hundreds and thousands of employees.

The Bottom Line

When you choose to support your favorite charities at work, you provide critical, sustaining dollars to these organizations. These dollars help them keep the doors open and the lights on so that when our friends and neighbors need help, there is someplace to turn. So whether you want to help people around the corner, around the country, or around the world, make 2012 the year that you pledge all you can. We will be there for you helping you help others.

Thank you!

Children First™**CFC #10987**
Fellowship of Christian Athletes

www.fca.org
(800) 289-0909

Empowering and equipping coaches and athletes with encouragement, resources and training to influence and impact the world for Jesus Christ for more than 55 years. Developing positive peer groups while promoting a drug-free lifestyle, and benefitting young people through leadership and sport camp experiences and yearlong student led school activity.

44-0610626

CFC #11874
Give Kids The World

www.gktw.org
(800) 995-5437

Give Kids The World Village is a 70-acre, nonprofit "storybook" resort in Central Florida. Children with life-threatening illnesses and their families are treated to week-long, cost-free vacations, complete with accommodations, donated attraction tickets, meals, and more. Since 1986, GKTW has welcomed more than 100,000 families. For more information, visit www.givekidstheworld.org.
59-2654440

CFC #10704
The Hole in the Wall Gang Fund

www.holeinthewallgang.org
(203) 772-0522

Founded by Paul Newman in 1988, is a residential summer camp and year-round center serving children coping with cancer and other life-threatening illnesses. We serve more than 17,000 children annually. Our Outreach program supports seriously ill children in hospitals. All programs are offered free of charge.

06-1157655

CFC #11312
"I Have A Dream" Foundation®

www.ihaveadreamfoundation.org
(212) 293-5480

We empower children in low-income communities to achieve higher education by providing guaranteed tuition assistance and a long-term program of academic and social support. Local affiliates sponsor cohorts of students, working with these "Dreamers" from an early age all the way to college, and with a goal of college completion.

13-3355315

CFC #12008
Junior Achievement USA

www.ja.org
(719) 540-8000

Junior Achievement® programs—in the core content areas of work readiness, entrepreneurship and financial literacy—ignite the spark in young people to experience and realize the opportunities and realities of work and life in the 21st century.

84-1267604

CFC #11375
Make-A-Wish Foundation® of America

www.wish.org
(800) 722-9474

We grant the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. With the help of generous donors and nearly 25,000 volunteers, we grant a wish every 40 minutes and have granted over 200,000 wishes in the United States since 1980.

86-0481941

CFC #11574
National Black Child Development Institute

www.nbcdi.org
(800) 556-2234

We work to improve and advance the quality of life of Black children and families, promoting culturally empowering education and human service practices, and advocating for recognition and respect of their voices at the table of social policy. We engage in public awareness and training through a national affiliate network.

52-0908178

CFC #53503
Nurse-Family Partnership

www.nursefamilypartnership.org
(866) 864-5226

A nurse-led, evidence-based home visitation program proven to significantly improve the pregnancy outcomes, child health and development and economic sufficiency of low-income children and their families. Independent research documents program value in stronger families and a return-on-investment of more than five dollars for every dollar invested in the program.

20-0234163



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CFC #12178

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Children's Foundation

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UHCEW531489-001

Children First™**CFC #11575****Prevent Child Abuse America**www.preventchildabuse.org

(800) 244-5373

Prevent Child Abuse America, founded in 1972, is focused on changing the way our nation thinks about prevention, focusing on community activities and public policies that prioritize prevention right from the start to make sure child abuse and neglect never occur.

23-7235671

CFC #10948**Reading Is Fundamental, Inc. (RIF)**www.rif.org

(877) 743-7323

There are children who grow up without ever owning a book. RIF opens the window to learning and lifelong success by providing books to children. By involving parents and community members in book distributions and reading engagement activities, children are encouraged to continue reading and learning throughout their lifetime.

52-0976257

CFC #11277**Ronald McDonald House Charities®**www.rmh.org

(630) 623-7048

Provides stability and resources to families to help keep their children happy and healthy through its global network of Chapters and programs like the Ronald McDonald House®, Ronald McDonald Family Room® and Ronald McDonald Care Mobile®. At the House program, families find strength so they can support their sick child.

36-2934689

CFC #11158**Share Our Strength**www.strength.org

(800) 969-4767

Share Our Strength®, a national nonprofit, connects children with the nutritious food they need to lead healthy, active lives. Through its No Kid Hungry® Campaign, Share Our Strength is ending childhood hunger in America by 2015. Visit Strength.org to get involved.

52-1367538

CFC #11243**SIDS Alliance/First Candle**www.firstcandle.org

(800) 221-7437

The mission of First Candle/SIDS Alliance is to promote safe pregnancies and the survival of babies through the first year of life. First Candle fights to prevent Stillbirth, Sudden Infant Death Syndrome (SIDS) and other Sudden Unexpected Infant Deaths nationwide.

52-1591162

CFC #10949**STANDUP FOR KIDS**www.standupforkids.org

(800) 365-4KID

Empowers at-risk and homeless youth toward lifelong personal growth through both on-the-street outreach and in-school deterrent programs. STANDUP FOR KIDS creates sincere self-caring and self-confidence in youth through open, straightforward counseling and educational programs thereby helping them acquire the life skills necessary to become effective members of their communities.

33-0414855

Riley, 11
pulmonary disease

I wish to be a Marine

ENLIST in a WISH

CFC#

11375

Learn more about Riley's wish at wish.org/cfc

MAKE A WISH®



CFC #11305
Starlight Children's Foundation

www.starlight.org
(800) 315-2580

"When a child or teenager has a serious medical condition, everyone in the family is affected. Starlight Children's Foundation™ helps seriously ill children and their families cope with their pain, fear and isolation through entertainment, education and family activities. Help us brighten their world a little each day. 95-3802159"

CFC #10950
Teach For America

www.teachforamerica.org
(800) 832-1230

We recruit, train, and support outstanding recent college graduates who commit to teach for two years in underserved schools and become lifelong leaders in expanding educational opportunity. Today, 9,000 corps members are teaching in 43 regions while 24,000 alumni continue working for the fundamental changes necessary to ensure educational equity.

13-3541913

CFC #11299
Tiger Woods Foundation, Inc.

www.tigerwoodsfoundation.org
(888) TWF-KIDZ

We believe every child deserves a shot at college. We provide college-access programs for underserved youth in all stages of academic life. From hands-on experiences in STEM to college scholarships with admissions counseling, dedicated mentors, specialized internships and vital workshops we create unique environments focused on college & careers.

06-1468499

CFC #83992
UnitedHealthcare Children's Foundation

www.uhccf.org
(952) 992-4459

UHCCF facilitates access to health related services that improve the clinical condition and quality of life of children. Specifically, UHCCF provides children's medical grants, up to \$5,000, to help families pay for medical services not covered or not completely covered by their commercial health benefit plan.

52-2177891



BOY SCOUTS OF AMERICA® CFC#58004



Fact

\$50 A MONTH

can serve 260 meals to the homeless men and women in your community.

Health First™**CFC #10963****Health First - America's Charities**

www.charities.org
(800) 458-9505

Supporting those facing life-threatening illness, giving comfort and aid, conducting much-needed research, member organizations' programs provide services that maybe be found nowhere else.
30-0186796

CFC #12117**Alzheimer's and Aging Research Center**

www.aging-research.org
(800) 877-0019

Stop the suffering caused by Alzheimer's and other aging-related medical conditions! Your support makes exciting new research possible. Just \$25 per month buys crucial lab supplies, or sends a scientist to an important international meeting in order to share research results and to establish productive partnerships with other medical experts.
33-0950810

CFC #10892**Arthritis & Chronic Pain Research Institute**

www.pain-research.org
(800) 877-4166

Chronic pain caused by arthritis, cancer, and other conditions cripples 86 million Americans. Your support helps scientists working on understanding and treating chronic pain. We've pushed one possible treatment into clinical trials, but we won't stop there! Please help us continue searching for pain relief for the benefit of all.
33-0950814

CFC #11148**Black Women's Health Imperative**

www.BlackWomensHealth.org
(202) 548-4000

An advocacy, education, and leadership development non-profit organization devoted to helping the nation's 19.5 million Black women and girls lead healthier lives. It promotes the empowerment of Black women as educated health care consumers and caregivers, as well as strong voices for the elimination of racial, gender and health disparities.
58-1557556

CFC #12193**Breast Cancer Coalition**

www.breastcancerdeadline2020.org
(800) 622-2838

Dedicated to ending breast cancer by 2020 through the power of grassroots action and advocacy, NBCC increases funding for breast cancer research; monitors how those funds are spent; expands access to quality health care for all; and ensures that trained advocates influence all decision making that impacts breast cancer. 52-1782065

CFC #11074**Cancer Research and Prevention Foundation (Prevent Cancer Foundation)**

www.preventcancer.org
(800) 227-2732

Our mission is to save lives through cancer prevention and early detection. For 25 years, your donations have supported cutting-edge research in prevention and early detection; educational tools and resources on reducing cancer risk; community outreach programs across the country; and grassroots advocacy in communities nationwide.
52-1429544

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ATTENTION PAYROLL OFFICES: Only use this number to identify the local campaign.			
Work Phone Number			
CONTRIBUTION: Fill in the blank showing the amount of your payroll allotment, cash or check contribution. Write in the total of your annual contribution in the space provided.			
ALLOTMENT SOURCE	AMOUNT	INTERVAL	TOTAL GIFT
MILITARY PAYROLL Branch of Service?	\$ <input type="text"/>	X 12 months	\$0.00
Civilian Payroll	\$ 100	X 26 months	\$ 2,600
Check / Cash Amt.: \$ <input type="text"/> Check <input type="checkbox"/> (make check payable to the Combined Federal Campaign) Date of Contribution: <input type="text"/>			
Use the FIVE-DIGIT CFC Code Charity Code 1 2 3 4 5 Annual \$ 2,600			
<div style="border: 1px solid red; padding: 5px; display: inline-block;"> Fill out your pledge form carefully! CFC codes can be found in the charity descriptions in this directory. </div>			
DESIGNATED GIFT: To designate to one or more charities or federated groups, fill in the charity code(s) and dollar amounts above.			
RECOGNITION OPTIONS <small>*Only checked options will be processed. *Address information is required to receive an acknowledgment from the charity.</small>			
My check-mark(s) and completed information below authorize the CFC to release my name and the corresponding information to my designated charities: <input checked="" type="checkbox"/> Pledge Amount: \$2,600 <input type="checkbox"/> Home Address <input checked="" type="checkbox"/> Home E-mail: George.Boosby@gmail.com			
PAYOUT DEDUCTION AUTHORIZATION <small>I hereby authorize any agency of the United States Government by which I may be employed during 2010 to deduct the amount of my contribution from my pay for the year 2010 starting with the first pay period that begins in January and ending with the last pay period that begins in December, and to pay the amounts so deducted to the Combined Federal Campaign shown above. I understand that this authorization may be revoked by me in writing at any time before it expires.</small>			
Signature George H. Boosby Date 11/1/12 <small>See reverse side for information on volunteer opportunities in your community.</small>			

OPM 1654
Revised March 2009

CFC #11716**Christopher and Dana Reeve Foundation**www.ChristopherReeve.org

(800) 225-0292

The Reeve Foundation is dedicated to curing spinal cord injury by funding innovative research, and improving the quality of life for people living with paralysis through grants, information and advocacy.

22-2939536

CFC #11149**Diabetes Research Institute****Foundation, Inc.**www.diabetesresearch.org

(800) 321-3437

The organization of choice for those who are serious, passionate and committed to curing diabetes. Its mission – to provide the funding necessary to cure diabetes now. We are leading the world in cure-focused research and pioneering new cell-based therapies to restore natural insulin production in those with diabetes. 59-1361955

CFC #11990**Dystrophic Epidermolysis Bullosa Research Association of America**www.debra.org

(866) 332-7276

Direct services and research support for Epidermolysis Bullosa, a devastating and sometimes fatal skin disease characterized by fragile skin that forms severe blisters from the slightest friction, and causes wounds and extreme pain. Present at birth, EB causes a lifetime struggle against injury, infection and social isolation.

11-2519726

CFC #10362**Hospice America (American Hospice Foundation)**www.americanhospice.org

(800) 347-1413

The voice of dying and grieving individuals. Its mission is to increase access to quality hospice care so that more people can die at home, with dignity and free of pain. The Foundation provides successful programs to help grieving family members, especially in the workplace and in schools.

52-1823611

CFC #12006**International Planned Parenthood Federation, Western Hemisphere Region**www.ippfwhr.org

(866) 477-3947

Improve the quality of life of individuals by campaigning for sexual reproductive health rights through advocacy and services, especially for poor, vulnerable people. Defend the right of young people to have sexual lives free from ill-health, unwanted pregnancy, violence, discrimination and strive to eliminate sexually transmitted infections and eradicate HIV/AIDS. 13-1845455

CFC #82916**John Wayne Cancer Institute**www.jwci.org

(800) 262-6259

A cancer research institute dedicated to the understanding and curing of cancer in order to eliminate patient suffering worldwide. Our mission is accomplished through innovative clinical and laboratory research and the education of the next generation of surgical oncologists and scientists.

95-4291515

CFC #11991**Lance Armstrong Foundation**www.livestrong.org

(877) 236-8820

LIVESTRONG serves people affected by cancer and empowers them to take action against the world's leading cause of death. Created as the Lance Armstrong Foundation in 1997 by survivor and cyclist Lance Armstrong, LIVESTRONG is a leader in the global movement on behalf of 28 million people living with cancer.

74-2806618

CFC #12970**LUNGevity Foundation**www.lungevity.org

(312) 464-0716

The largest nonprofit dedicated to funding lung cancer research, harnesses the power of world-class scientific minds to responsibly fund millions of dollars in life-saving research. Driven by passionate volunteers and lung cancer advocates, we are bringing lung cancer awareness to communities across the country to end lung cancer now.

36-4433410

CFC #35748**Melanoma Research Foundation**www.melanoma.org

(800) 673-1290

We are the largest independent, national organization devoted to melanoma in the United States. Committed to the support of medical research in finding effective treatments and eventually a cure for melanoma, we also educates patients and physicians about prevention, diagnosis and the treatment of melanoma.

76-0514428

CFC #11150**Multiple Sclerosis Association of America**www.msassociation.org

(800) 833-4672

Enriching the quality of life for individuals with multiple sclerosis and their loved ones with a range of programs bringing support and services that ease day-to-day challenges for people with MS. We provide services such as free equipment distribution, a toll-free Helpline, free MRIs for the uninsured, and much more.

22-1912812

CFC #11714**NARAL Pro-Choice America Foundation**www.ProChoiceAmericaFDN.org

(202) 973-3000

NARAL Pro-Choice America Foundation educates, mobilizes, informs and vocal pro-choice activists nationwide. In partnership with 20 affiliates, defends a woman's right to choose, advances policies to make abortion less necessary, and ensures that men and women have the means to make informed and responsible reproductive decisions, free from government interference.

52-1100361

CFC #11151**National Down Syndrome Society**www.ndss.org

(800) 221-4602

Committed to being the national advocate for the value, acceptance and inclusion of people with Down syndrome. We envision a world in which all people with Down syndrome have the opportunity to enhance their quality of life, realize their life aspirations and become valued members of welcoming communities.

13-2992567

Health First™**CFC #11152****National Marfan Foundation**

www.marfan.org

(800) 862-7326

Founded in 1981, the only non-profit voluntary health organization dedicated to saving lives and improving the quality of life for people with Marfan syndrome and related disorders which affect an estimated 200,000 men, women and children in the United States, regardless of race, ethnicity or gender.

52-1265361

CFC #11992**National Organization for Rare Disorders (NORD)**

www.rarediseases.org

(800) 999-6673

A federation of voluntary health organizations and individuals dedicated to helping people with rare 'orphan' diseases. NORD is committed to the identification, treatment, and cure of rare disorders through education, advocacy, services, and research. NORD is an information clearinghouse for rare disease information and referrals to appropriate resources. www.rarediseases.org

13-3223946

CFC #11154**Ovarian Cancer Research Fund**

www.ocrf.org

(800) 873-9569

Leading the fight against ovarian cancer, our mission is to fund the best researchers in the country - helping them discover methods of early detection, better treatments and ultimately a cure for ovarian cancer. We also seeks to support patients and their families, provide education programs, and raise awareness.

13-3806788

CFC #11715**Tuberous Sclerosis Alliance**

www.tsalliance.org

(800) 225-6872

Founded in 1974, the TS Alliance is the only national voluntary health agency dedicated to finding a cure for TSC while improving the lives of those affected. TSC is a genetic disorder characterized by seizures and tumor growth in vital organs such as the brain, heart, kidneys, lungs and skin.

95-3018799

CFC #88763**United Cerebral Palsy**

www.ucp.org

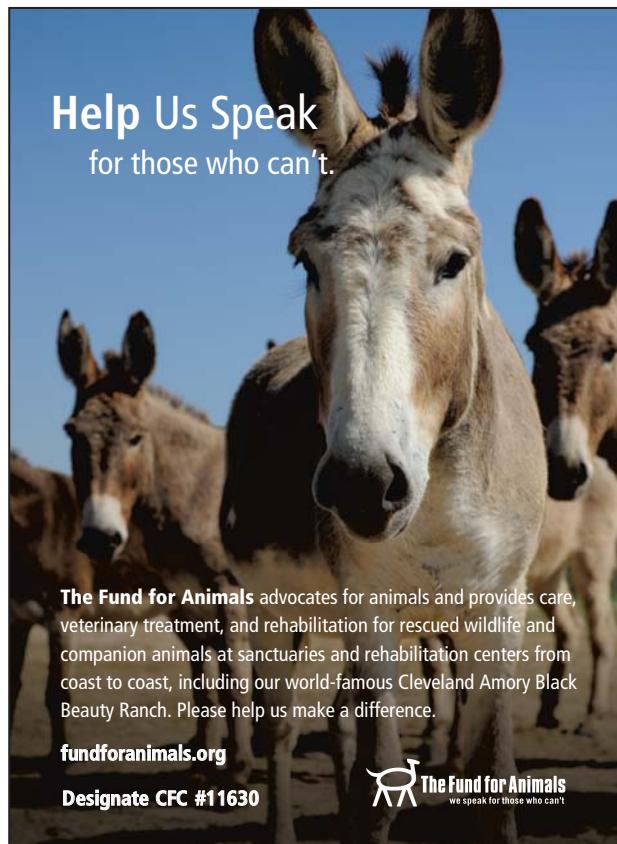
(800) 872-5827

UCP affiliates serve more than 176,000 people with disabilities and their families every day. Our affiliates provide services including housing, therapy, early intervention programs, and employment assistance. UCP works to enact real change— revolutionize care, raise standards of living and create opportunities— impacting the lives of millions living with disabilities.

20-3568840

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for those who can't.



The Fund for Animals advocates for animals and provides care, veterinary treatment, and rehabilitation for rescued wildlife and companion animals at sanctuaries and rehabilitation centers from coast to coast, including our world-famous Cleveland Amory Black Beauty Ranch. Please help us make a difference.

fundforanimals.org

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can provide a lending library to one classroom in an underserved school district.

www.charities.org



The Children's Inn is a residential "place like home" for sick children and their families from around the world to stay together while receiving groundbreaking medical treatments at the NIH.




 **The Children's Inn at NIH**

7 West Drive Bethesda, MD 20814
www.childrensinn.org

CFC #10324
 Contact Lauren Conte,
contele@mail.nih.gov
 or 301-451-9461 for
 more information.

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CFC #77198



Assisting women, children and families in greatest need.



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 House of Ruth.
CFC #83599

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 Four Star Charity





WHERE EDUCATION PAYS OFF

Justice Thurgood Marshall fought for equality, justice and education for all. Your generous donation will help to continue his legacy to ensure college students get the assistance they need to receive an education.

With federal funding being cut and tuition steadily increasing, **92%** of students attending *public* Historically Black Colleges and Universities (HBCUs) require financial aid assistance.

THURGOOD MARSHALL COLLEGE FUND

The Thurgood Marshall College Fund (TMCF) supports nearly 300,000 students attending our 47 member-schools that consist of *public* HBCUs, medical and law schools. **80%** of all students attending HBCUs attend a TMCF member-school.

For 25 years, TMCF has strived to make education more affordable, to prepare the next generation of leaders and to make sure students make the most of their education.

Main Office
901 F Street NW | Suite 300 | Washington, D.C. 20004
202.507.4851 | www.thurgoodmarshallcollegefund.org

WE NEED YOUR SUPPORT | CFC #11691

CFC #57456
Community1st - America's Charities of Greater Washington, D.C.
www.charities.org
(800) 458-9505
Feeding the hungry, sheltering the homeless, protecting women and children, providing critical medical services, supporting families in need. Support Greater Washington D.C.'s most respected charities.
01-0914846

CFC #21120
A Wider Circle
www.awidercircle.org
(301) 675-7511
The provision of beds, dressers, and other basic need items to families transitioning out of battered women's and homeless shelters or to people simply living without life's necessities. This is coupled with the delivery of life skills and professional development programming in shelters, low-income schools, and community centers.
52-2345144

CFC #77198
Arlington Housing Corporation
www.ahcinc.org
(703) 486-0626
AHC's mission is to produce, preserve, and manage affordable housing for low- and moderate-income residents, ensure the properties we own enhance the quality of life in the neighborhoods where they are located, and improve the quality and potential of residents' lives through coordinating and providing appropriate social services.
54-1026365

CFC #60981
Arts and Humanities Council of Montgomery County
www.creativemoco.com
(301) 565-3805
Powers a dynamic creative community in Montgomery County, MD by using innovative business practices that inform grantmaking and advocacy. Leverages economies of scale and scope for marketing, clean energy and more. Trusted partner to educators and underserved community. Uses technology to promote and engage public and diverse cultural community.
52-1086825

CFC #39664
Capital Caring
www.capitalcaring.org
1-855-571-5700
Provides hospice services, pain and symptom management, and counseling each day to 1,200+ people throughout the Washington metropolitan area living with serious progressive illness as well as support for their families, regardless of ability to pay. Also offers grief counseling to the community and professional education to healthcare providers. 54-1920770

CFC #24770
Catholic Charities of the Diocese of Arlington, Inc.
www.ccda.net
(703) 841-3830
Is a non-profit, social services agency meeting the needs of families, individuals and communities. Open to all regardless of religion or race, we furnish assistance to the hungry, homeless, poor and those with special needs throughout the 21 counties and 7 incorporated cities of Northern Virginia for over 60 years. 54-0515706

CFC #10324
The Children's Inn At NIH
www.childrensinn.org
(800) 644-4660
"A place like home" for children and their families receiving medical treatments at The National Institutes of Health (NIH). The Inn's mission is to keep families together during treatment, reduce stress, and facilitate healing through support. There is no charge to stay at The Inn or to participate in programs.
52-1638207

CFC #38270
Duke Ellington School of the Arts
www.ellingtonschool.org
(202) 333-2555
A unique public high school whose mission is to nurture and inspire passion for arts and learning in talented students who might not otherwise have the opportunity. Offers an intensive college preparatory curriculum and training in eight arts disciplines. 98% of seniors graduate and 95% are accepted into college.
31-1705384

CFC #68151**Fairfax Court Appointed Special Advocates, Inc.**

www.casafairfax.org
(703) 273-3526

Fairfax CASA recruits, trains, and supports volunteers who serve as advocates for children whose families have been cited for abuse and neglect by the Juvenile Court. These volunteers investigate and monitor each case, through visits with the children, family members, and other professionals, ensuring that each child's needs are met.

54-1555197

CFC #40790**Food for Others, Inc.**

www.foodforothers.org
(703) 207-9173

Obtains and distributes free food to the hungry in Northern Virginia and supports food programs of other community-based organizations. We provide a channel for people to volunteer their services to help their neighbors in need.

54-1777157

CFC #50781**Habitat for Humanity of Northern Virginia, Inc.**

www.habitatnova.org
(703) 521-9890

Individuals, corporations, churches, and community organizations partner with Habitat Northern Virginia to build houses sold to low-income families in our community. Habitat homes provide simple, decent, affordable housing and a stable environment for children to thrive. All of our families are first-time homebuyers and fulfilling their dream of homeownership.

54-1547367

CFC #33770**Higher Achievement Program - DC Metro**

www.higherachievement.org
(202) 544-3633

Rigorous academic program that gives youth from at-risk communities their best opportunity to succeed. Challenges middle schoolers to meet their full potential in three areas: academics, social skills, leadership. On average, 95% of Higher Achievement scholars who complete the program advance to top high schools and 93% advance to college.

52-1383374

CFC #40585**Hope Connections for Cancer Support**

www.hopeconnectionsforcancer.org
(301) 493-5002

Hope Connections for Cancer Support helps people with cancer and their loved ones deal with the emotional and physical impact of cancer through professionally facilitated programs of emotional support, education, wellness and hope. All programs at Hope Connections are provided free of charge.

20-3792198

CFC #83599**House of Ruth**

www.houseofruth.org
(202) 667-7001

Provides housing and intensive services in Washington, DC to help women, children and families overcome homelessness, domestic violence and abuse. Closely monitors outcomes and each woman's and child's progress. Helps more than 1,000 women and children annually to achieve greater safety and stability. Serving the community for over 35 years.

52-1054102

CFC #58126**Lorton Community Action Center (LCAC)**

www.lortonaction.org
(703) 339-5161

We provide emergency food, clothing, and financial assistance as well as self-sufficiency programs to residents that live in the following areas of southeast Fairfax County: Ft. Belvoir, Lorton, the southern portion of the Route 1 corridor and portions of Newington.

51-0181451

CFC #67041**Make-A-Wish Foundation® of the Mid-Atlantic**

www.midatlantic.wish.org
(301) 962-9474

The Make-A-Wish Foundation® of the Mid-Atlantic grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. The Foundation serves the local children who reside in Delaware, the District of Columbia, Maryland and Northern Virginia and has granted nearly 7,000 children's wishes.

52-1306075

CFC #27085**Miriam's Kitchen**

www.miriamskitchen.org
(202) 452-8926

We provide high-quality meals and support services to more than 4,000 homeless men and women in Washington, DC each year. In 2010 alone, we served 75,868 healthy meals, provided case management services to 2,924 unduplicated guests and partnered with more than 2,200 volunteers.

52-1331552

CFC #85936**Montgomery Hospice, Inc.**

www.montgomeryhospice.org
(301) 921-4400

A nonprofit hospice serving Montgomery County, MD. A team of doctors, nurse practitioners, nurses, spiritual counselors, social workers, certified nursing assistants, grief counselors and volunteers works with patients and families to provide compassionate, professional end-of-life care in homes, extended care facilities and at Casey House, an acute-care facility.

52-1114719

CFC #72369**Rebuilding Together Alexandria**

www.rebuildingtogetheralex.org
(703) 836-1021

Partner with volunteers to repair and revitalize homes and communities, ensuring low-income homeowners live in warmth, safety and independence. The result of our work in the City of Alexandria is to improve the quality of life and safety of homeowners while preserving home ownership and affordable housing.

54-1389286

CFC #15005**Ronald McDonald House Charities® of Greater Washington D.C.**

www.rmhcdc.org
(202) 529-8204

Addresses the most urgent needs of our community - children's health. Dedicated to improving children's access to quality health care through three core programs: two Ronald McDonald Houses, Ronald McDonald Family Room® at CNMC, and a Ronald McDonald Care Mobile® with MedStar Georgetown Hospital that provides free health care to children.

52-1132262

**CFC #79985****The Shepherd's Table**

www.shepherdstable.org
(301) 585-6463

Shepherd's Table, Montgomery County's oldest resource center for people experiencing homelessness and poverty, provides a wide range of basic human services, including an evening meal seven nights a week. Shepherd's Table provides social services, clothing, crisis intervention, eye care, prescription assistance, and medical assistance through a partnership with Community Clinic, Inc.

52-1381738

CFC #56138**Signature Theatre, Inc.**

www.signature-theatre.org
(703) 820-9771

Under the leadership of Artistic Director Eric Schaeffer and Managing Director Maggie Boland, Signature produces contemporary musicals and plays, reinvents classic musicals, develops new work and provides top quality education and outreach programs to the community. The Theatre has become known for its Broadway-quality productions and new musical commissions.

62-1417785

CFC #91855**WAMU 88.5 American University Radio**

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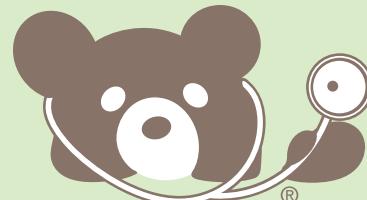
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The Voice of The People

New start-ups want to help regular folks influence policy

Start-ups

Last December, the Mobile Informational Call Act, which would have allowed companies to make robocalls to cellphones, was halted by the bill's sponsors, two congressmen from Nebraska and New York, after thousands of citizens weighed in to oppose the measure.

Nearly 12,000 of those citizens voiced their opposition through Popvox, a District-based start-up that aims to transform the top-down structure of policymaking. Popvox is an online platform that collects correspondence between constituents and their representatives on certain bills and issues, organizes the data by state, and packages the information in pie charts and maps so lawmakers can easily spot where voters stand on a proposed bill. In the case of the Mobile Informational Call Act, 11,581 Popvox users lined



The start-up Blastroots wants to use technology to connect citizens and lobbyists.

up against the measure, while 117 supported it. And the bill, which was endorsed by powerful groups including the American Bankers Association and the U.S. Chamber of Commerce, was withdrawn.

Popvox, which was founded in 2010, is part of a growing movement among D.C. professional services veterans to create new businesses aimed at helping the masses — rather than well-heeled corporations — influence public policy. Though their business models are different, their founders — who come from traditional backgrounds such as lobbying, government, pub-

Continued on page E8

"It's about a different kind of public involvement in policymaking that technology makes possible."

— MARCI HARRIS, CO-FOUNDER AND CHIEF EXECUTIVE OF POPVOX



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Lobbying

Continued from page E7

lic affairs and technology — share a common objective to make policymaking more accessible and transparent.

Lobbying has long been done by paid advocates whose strategy was to meet with congressional staffers and committee members, or score a meeting with a member of Congress to make their case for a bill, said Popvox co-founder and chief executive Marci Harris. The representative would make a decision on the bill, and that would affect their constituents.

"If your case had merit, you could win sympathetic members [of Congress] over to your side," Harris says. "It would've been considered rude to rile up their constituents if

you could convince the [member]. Now, things have shifted significantly ... There is a sea change. It doesn't mean professional lobbyists are obsolete. It's about a different kind of public involvement in policymaking that technology makes possible."

'Voice of the people'

The idea for Popvox was born when Harris, a former staffer for Rep. Pete Stark (D-Calif.), and Rachna Choudhry, then a lobbyist for the National Partnership for Women & Families, met at a party and traded frustrations over the lack of transparency in how constituents communicate with their representatives. Letters and e-mails were often sent to members of Congress on a one-off basis. There was no platform



JEFFREY MACMILLAN/THE WASHINGTON POST

John Merz and Christopher Hull, right, founded grassroots lobby shop Blastroots.

that allowed the public to view the sheer volume of correspondence or visualize where they were coming from, what issues they supported

or opposed, and what geographic trends formed around certain issues. On Popvox, anyone can search for a bill and see exactly

how many Popvox users from each state support or oppose it, read their letters to their representatives and see their personal comments.

Popvox, the name of which is derived from vox populi — Latin for "voice of the people" — charges clients a monthly fee for a software service they can use to organize advocacy efforts. Popvox has about 20 clients, including corporations, nonprofits and associations. They pay a fee to embed a widget on their organization's website that allows visitors to share their name, e-mail address, Zip code and sentiments on a particular issue with the organization.

"If I had this kind of data, it would have been much easier for me to come up with a strategic plan for lobbying," former lobbyist Choudhry says.

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"We want the political system to work better. It's healthy to have the public involved."

—CHRISTOPHER HULL, CO-FOUNDER AND CHIEF EXECUTIVE OF THE STARTUP BLASTROOTS

In July, House Democratic Whip Steny Hoyer (D-Md.) announced that House Democrats would begin using Popvox to feed into the official intranet for House Democratic staff — meaning that if a company or association uses Popvox to endorse or oppose a bill, that information feeds directly into the intranet system used by 2,000 House Democratic staffers.

"We're working to make it an easy way to get information in front of Congress, so you don't have to have the big budget to get your message to Capitol Hill," Harris says.

Pooling resources

A second District start-up is aiming for the same result, but in a different way. BlastRoots was founded by Chris Hull, a former executive at public relations firm Hill & Knowlton, and John Merz, former director of technology for AOL's in-house incubator Greenhouse. The company began its beta version in early October,



Using Blastroots groups of citizens could join together to hire lobbyists.

with potential investors.

Hull and Merz envision BlastRoots as a platform where citizens can make small contributions of \$100 or less toward an issue they feel strongly about, and that money will be pooled together to hire a public affairs specialist or lobbyist to advocate on their behalf. The company takes a cut of every transaction. They have yet to decide whether BlastRoots will partner with a single public affairs or lobbying firm, or many.

"Right now there is no way to pool resources and have a platform be in contact with the public affairs industry," chief executive Hull says.

"We want the political system to work better. It's healthy to have the public involved."

The BlastRoots platform allows users to create or join a campaign, and links their activity on BlastRoots to their Facebook and Twitter feeds so they can invite their friends and followers to join the campaign. The site also tracks how many members of Congress the campaign has attracted by how many e-mails, Tweets and letters they've sent in response.

The idea, firm president Merz said, is that someone without a lot money can change the world.

CATHERINE HO (CAPITAL BUSINESS)

11,581

The number of people who use the startup Popvox last December to voice their opposition to the Mobile Informational Call Act, which would have allowed companies to make robocalls to cellphones. The bill's sponsor's withdrew it after the public outcry. (CAPITAL BUSINESS)

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Stressed-Out Staffers

A new study reveals the pressures of working on the Hill

Federal Government

The Capitol Hill staffers of our stereotypes are under a dizzying amount of stress: We envision them spending late nights at their desks,

being tethered to their smartphones on weekends, and dealing with perpetual fatigue from juggling mounds of work on frequently shifting schedules.

In October, a rare study was released that examined what Congress is like as a workplace, and it found that these generalizations are largely true.

Congressional workers are

deeply committed to their jobs, the study found, but they are also frequently stressed out by them. Many of these employees put in long hours and say they have too little time for their personal lives and to complete all the work that's assigned to them, according to a survey conducted by the Society for Human Resource Management and the Congressional Management

"It just puts added pressure on staff to be on the clock all the time."

— **BRAD FITCH**, CHIEF EXECUTIVE OF THE NONPARTISAN CONGRESSIONAL MANAGEMENT FOUNDATION, WHO SAYS SMARTPHONES AND INTERNET CONNECTIVITY MEAN HILL STAFFERS' WORK IS NO LONGER CONFINED TO THE OFFICE

Foundation.

Congressional staffers in Washington report that they work an average of 53 hours a week when Congress is in session. Forty-three percent of them disagreed with the statement, "I have adequate time for my personal life."

Employees who were based in a member's home state had different answers: They reported fewer hours worked, and only 23 percent felt they didn't have enough time for their personal lives.

Thirty-three percent of all congressional workers disagreed

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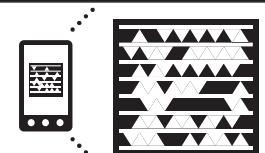
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with the statement "I usually have enough time to get everything done." Among policy and legislative staffers, that figure was even higher: 48 percent.

Researchers and Capitol Hill staffers say that a variety of factors may be causing employees to feel frazzled. Brad Fitch, chief executive of the nonpartisan Congressional Management Foundation, says the number of full-time congressional staff has not increased since 1975. So even though the workload has picked up, it's not being spread among more people.



Staffers line the wall at a House Financial Services Committee hearing on the Hill.

Being in touch 24/7

Fitch also says that, thanks to smartphones, the politician is rarely without a line of communication to his or her staff.

"It just puts added pressure on staff to be on the clock all the time," he says.

Email and social media have also given constituents easy ways to contact their representative or senator, meaning staffers have more correspondence to sift through.

The survey of more than 1,400 workers also found that

most congressional employees find workplace flexibility to be important, but only 29 percent of them reported being very satisfied with their work-life balance.

Given those findings, the researchers who conducted the study are urging managers on Capitol Hill to adopt more flexible work schedules as a way to hang onto top workers and prevent them from burning out.

"Workplace flexibility is such a business imperative," says Lisa Horn, a co-project director for

Continued on page E12

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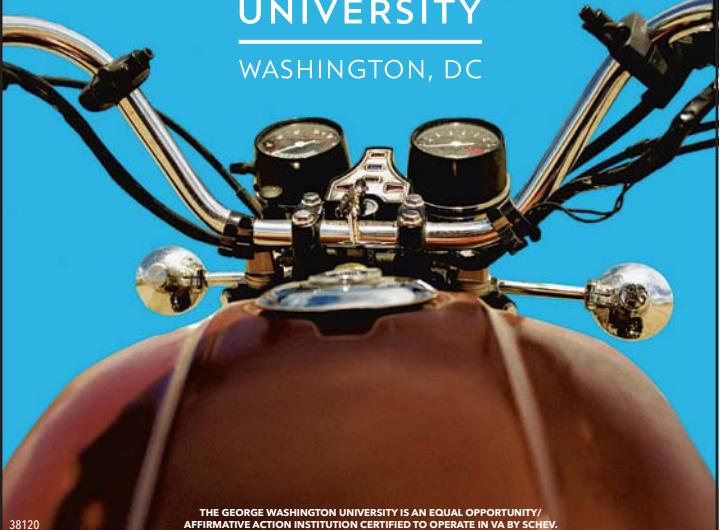
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ahead

Hill Staff

Continued from page E11

SHRM. "It directly impacts those bottom line issues" of retention and productivity.

Tara Oursler, chief of staff for Rep. C.A. Dutch Ruppersberger, D-Md., says implementing this type of shift can be difficult.

On Capitol Hill, "it's very traditional, it's very old fashioned and it takes a very long time for culture to change," Oursler says.

Within her own team, Oursler strives to set a different tone. In the past, she says it was common practice to have the whole staff stay at the office until midnight on the evening of a vote. She's done away with that; the only workers who stay are those whose work portfolio is directly involved.



Barry Jackson, left, is chief of staff to Speaker of the House John Boehner, R-Ohio.

ALEX BRANDON/AP

She also makes an effort to keep employees from working excessively when Congress is not in session.

"When we do have down time, it's good to let them take advantage of that," Oursler says.

Her approach is a result of a shift she's seen in the priorities of her staffers.

During her 20-year career in politics, "What always motivated me was more pay, bigger title," Oursler says. But now, she adds, "younger people are asking for more flexibility."

Still, flexibility measures that

53

The average number of hours each week that Capitol Hill staffers report working when Congress is in session, according to a survey from the Congressional Management Foundation. (CAPITAL BUSINESS)

work in one office might not get as much traction in another office. The researchers emphasized that Capitol Hill is not a monolith. Instead, it's a collection of small businesses with distinct human resources policies and practices.

"Just as we suggest for the private sector, there's no one-size-fits-all strategy," Horn says.

SARAH HALZACK (CAPITAL BUSINESS)

"It's very traditional, it's very old fashioned and it takes a very long time for culture to change."

— TARA OURSLER, CHIEF OF STAFF FOR REP. C.A. DUTCH RUPPERSBERGER (D-MD.), SAYS CHANGE HAPPENS SLOWLY ON CAPITOL HILL

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Washington Post readers will vote for their favorite design and help choose the winner.

The winning design will be printed in Weekend on Dec. 21 as a sheet of gift wrap, and on the cover we'll show the winning artist. Photos of the finalists and their entries will also appear in the section.

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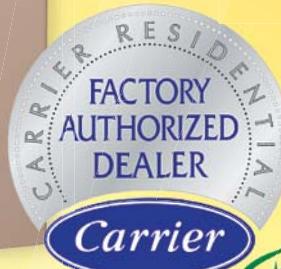


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See your weekly Gold's Gym Trainer Tip on the next page.

McKayla Maroney talks injuries, aspirations and the strangest place where she does splits

It's hard not to be impressed by McKayla Maroney. The 16-year-old wowed the world at the Olympics with her Amanar vault, a back handspring that launched into 2½ twists showcasing her power, precision and ability to stick a near-perfect landing. Her performance helped the U.S. women's gymnastics team score gold at the London Games this summer.

Even when a fall during the vault event final forced her into second place, Maroney still won the night. The lovable grimace on her face while accepting her silver medal spawned the meme, "McKayla Maroney is not impressed." Her image has traveled all over the Internet expressing distaste for just about everything, including the iPhone 5, Machu Picchu and the "Jersey Shore" cast.

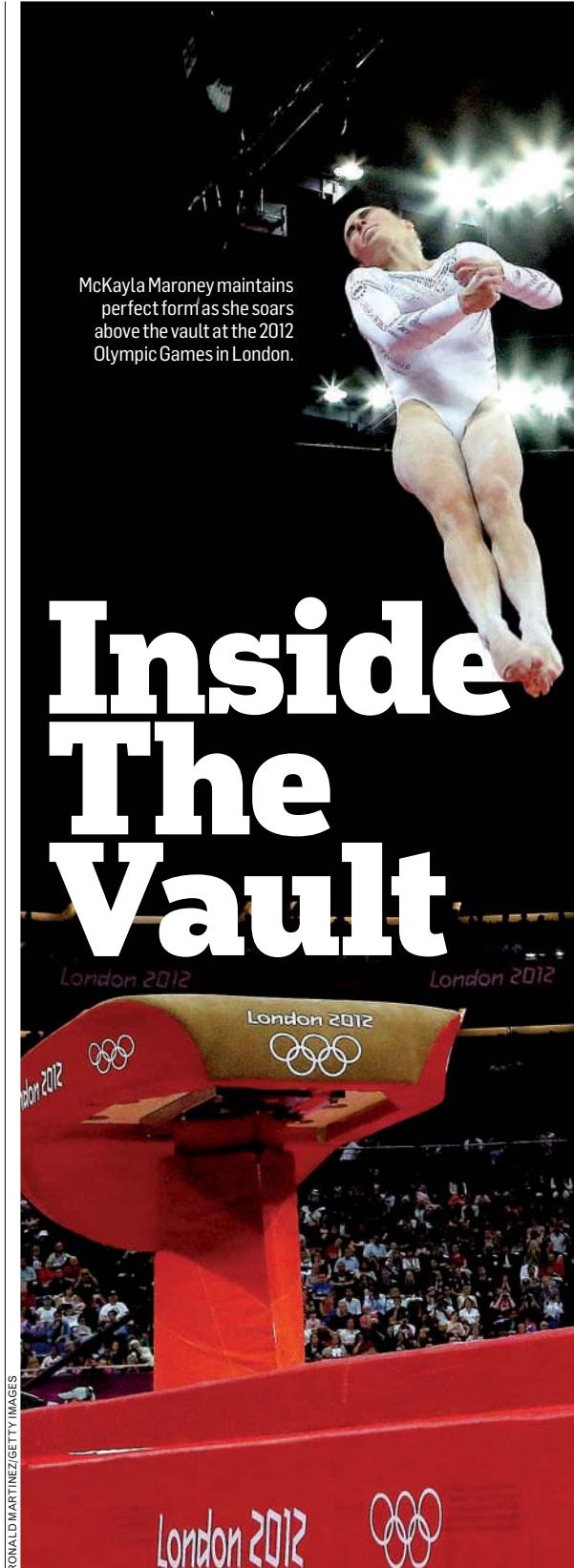
"People have gotten so into it. I think it's hilarious," says Maroney, who's now getting around quite a bit in person as part of Kellogg's Tour of Gymnastics Champions, which lands in Washington on Thursday at the Verizon Center (see box).

But Washingtonians won't get to see her soar — just sore. In September, at an early stop on the tour in Ontario, Calif., Maroney had an accident on the uneven bars. The resulting leg injury required surgery and then a knee brace.

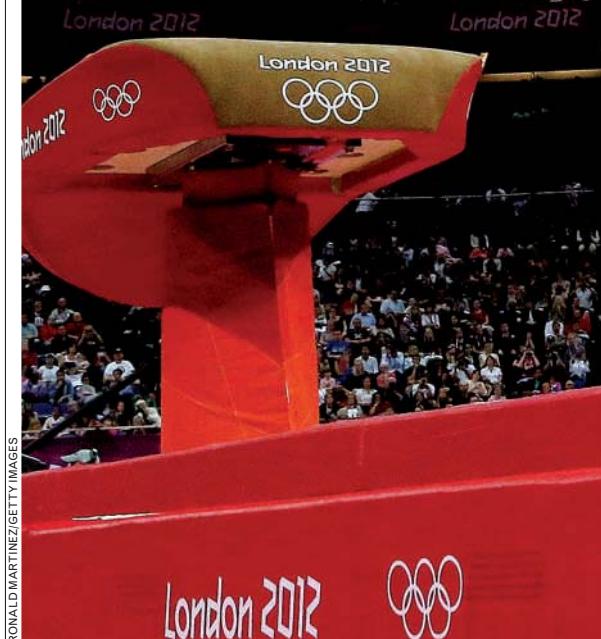
So her role in recent tour performances has been cut back to smiling, waving and signing autographs. Not that Maroney is just hanging out backstage. She's launched into a demanding physical therapy routine to get her body back on track.

"Although I have to be careful," Maroney says. "Too much isn't too good."

And she's not ignoring the rest of her training. Even though she can't put excess weight on her leg, working her abs is fair game. Nothing can stop her from doing her two favorite exercises:



Inside The Vault



RONALD MARTINEZ/GETTY IMAGES

Fierce Creatures

See for yourself why the U.S. women's gymnastics team earned the nickname the "Fierce Five" when the ladies from the London Games perform Thursday at 7:30 p.m. at the Verizon Center. It's one of the final stops on Kellogg's Tour of Gymnastics Champions, which also features 2008 Olympic all-around champion Nastia Liukin, two-time Olympian Jonathan Horton and other accomplished athletes. Tickets are \$25-\$75. Visit Kelloggstour.com for more information. V.H.

handstands and press handstands. Not familiar with the latter? Start by sitting on the floor with your legs in a straddle. Then put your hands down and lift your entire body up into a handstand.

Her other obsession is stretching: "It's the most important thing. If you stay loose, you recover faster."

That's why she's done the splits in just about every setting imaginable. When Maroney and her teammates are traveling — which they do a lot of these days — they'll even meet up in the back of airplanes to do splits together. Back in their seats, they do ankle and wrist stretches, and limber up with a stick massager.

Maroney's plan is to get back into shape for her regular regimen. But she swears there's no secret trick to building up her bounce.

"It's a lot of hard work. You can't ask Usain Bolt how he runs fast," she says.

Possibly the only people who can jump higher than Maroney are basketball players. So she looked at ease posing recently with Indiana Pacers star — and former Georgetown Hoyas

"People have gotten so into it. I think it's hilarious."

— MCKAYLA MARONEY, ON HER FAMOUS FACIAL EXPRESSION. ON TWITTER, SHE ENCOURAGED PEOPLE WHO DRESSED AS HER FOR HALLOWEEN TO SEND PICS.

— Roy Hibbert. (He's two feet taller than the gymnast, and does a decent impression of her famous expression.)

"I can spin a ball on my finger, but I'd never call myself a professional basketball player," says Maroney, whose real aspiration is to work as an actress. She recently filmed an episode of "The Hart of Dixie" that's set to air on the CW Nov. 20.

Playing a high school student for the camera wasn't so different than flipping around on a mat. "You have to work hard with both," Maroney says. "It feels good getting lines right."

Maroney, however, isn't ready to give up on being an athlete just yet. Whether she sticks around for another Olympics is still up in the air, but there's no question she wants to bolster her credentials as an all-around gymnast and add another twist to that vault — or at least a half.

"I want to try to do a triple," Maroney says.

That would be very impressive.

VICKY HALLETT (EXPRESS)



Meet The Trainer

Katy Smallwood

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Trainer Tip of the Week

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baggagecheck



Time to Make Better Plans

Q

My boyfriend is always canceling our plans to hang out together when something comes up that sounds better. It's like we make plans and I never know whether we'll actually end up doing them or not, because his friends might all want to hang out to watch a sporting event, or somebody has just come into town, or his roommates are having a last-minute party or something. It's irritating and it feels like he doesn't prioritize us, but he's always apologetic. ANNOYED

Apologies can only go so far when there's a pattern of telling you that you don't matter as much as other people in his life. He might have a problem saying no to his friends; he might not be very into your relationship; he might be the flakiest man alive. Regardless of the reason, it's not acceptable to you (and shouldn't be).

Tell him that although he's always "sorry," his actions are speaking louder than words, and you wonder if he will ever be able to put you first. An occasional last-minute switch is one thing, but if he's constantly ditching you for something else, it's a clue that something's majorly off here.



Send your questions to Dr. Andrea Bonior at baggage@readexpress.com. Andrea is a local clinical psychologist and author of the book "The Friendship Fix" (Friendshipfix.com).

By Dr. Andrea Bonior

Event Horizon

Nice Ice, Baby

On Friday at 11 a.m., Mayor Vincent Gray and other D.C. bigwigs will cut the ribbon on the city's newest cutting-edge attraction: the Canal Park ice rink (202 M St. SE; 202-554-6051). The unusual figure-8 shape will be a draw all season, but on Friday, the main attraction is free skating from noon to 2 p.m. Return on Saturday for the park's grand opening (10 a.m.-3 p.m.), featuring music performances and fitness classes. See Canalparkdc.org for details.

Pack for a Healthier Tailgate

Everyone wins when you choose lighter versions of popular game-day snacks and drinks

Potato Chips: A chip here, a chip there and pretty soon the bag's empty — and your belly's full of empty calories. Cut calories by looking for "Baked!" on snack bags. Baked! Ruffles Cheddar & Sour Cream have about one-third the fat of their greasy friend, none of which is saturated. Remember: That's not an excuse to eat three times as many chips.

Ruffles Cheddar & Sour Cream:
Serving Size: about 11 chips; 160 calories (90 from fat); 10 g fat (1.5 g saturated)



Baked! Ruffles Cheddar & Sour Cream, right:
Serving Size: about 11 chips; 120 calories (30 from fat); 3.5 g fat (0 g saturated)



Wings: Chicken = good. Sauce = bad. Especially when it comes to sodium. Just two Domino's Buffalo Wings BBQ Sauce pack about half of your recommended daily value of sodium. While they still aren't healthy per se, Domino's Buffalo Chicken Kickers contain about one-third the sodium of the saltier BBQ variety, not to mention about half as many calories per bite.

Domino's Buffalo Wings BBQ Sauce:
Serving Size: 2 wings; 220 calories; 13.8 g fat (3.6 g saturated); 686 mg sodium

Domino's Buffalo Chicken Kickers, above: Serving Size: 2 wings; 102 calories; 4.2 g fat (0.8 g saturated); 282 mg sodium

Beer: A not-so-light hit to your waistline, Miller Genuine Draft packs 143 calories per bottle. Plus, with 13.1 carbohydrates, you knock back a few too many brewskis (isn't that what tailgates are for?), you might as well have asked for an extra bun with your hot dog. But Miller64, besides containing only 64 calories (duh), has 2.4 grams of carbohydrates, about a fifth as many as Miller Genuine draft — and about a third as most other light beers.



Miller Genuine Draft:
Serving Size: 12 fl oz; 143 calories; 13.1 carbohydrates; 4.7% alcohol

Miller64, left:
Serving Size: 12 fl oz; 64 calories; 2.4 g carbohydrates; 2.8% alcohol

Ground Beef: All organics are not created equal. One Organic Prairie Ground Beef Patty (no bun, no cheese, no nothing!) has 30 grams of fat — as much as a Big Mac. So try a leaner patty. With 240 calories and 17 grams of fat per serving, Organic Prairie Organic Grass-Fed Ground Beef is diet- and taste-bud friendly.

(REPRINTED WITH PERMISSION OF WOMEN'S HEALTH © RODALE INC.)

Organic Prairie Ground Beef Patties:

Serving Size: 1 patty (150 g); 380 calories; 30 g fat (12 g saturated); 105 mg cholesterol

Organic Prairie Organic Grass-Fed Ground Beef: Serving Size: 1 patty (113 g); 240 calories; 17 g fat (7 g saturated); 60 mg cholesterol



Recipe File

MASHED 'POTATO' PARSNIPS

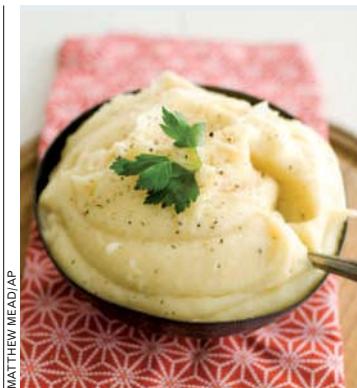
Ingredients

- 2 pounds medium parsnips, peeled and sliced 1/2-inch thick
- Kosher salt, to taste
- 1 tablespoon unsalted butter
- Ground black pepper, to taste

Makes Four Servings

Place the parsnips in a large saucepan, then add enough cold water to cover by 1 inch. Bring to a boil over high heat and add a pinch of salt. Reduce the heat to medium-high and simmer, adding a little more water if necessary to keep the parsnips barely covered, until tender, 25 to 30 minutes.

Drain and reserve the cooking liquid. Set the parsnips aside and return the liquid to the pan. Bring to a boil over high heat. Boil until reduced to



3/4 cup. Return the parsnips to the pan and add the butter. Working in batches, transfer the contents of the saucepan to a food processor and puree until smooth. Return to the saucepan, season with salt and pepper, then heat over medium until hot.

 30 calories from fat (16 percent of total calories); 3.5 g fat (2 g saturated; 0 g trans fats); 10 mg cholesterol; 41 g carbohydrate; 9 g fiber; 11 g sugar; 3 g protein; 140 mg sodium.

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Gourd Your Complexion

Pumpkins and other seasonal staples can do wonders for skin

Platters full of sweet potatoes, cranberry sauce and pumpkin pie make for a mighty attractive Thanksgiving spread. Not only do these holiday staples taste delicious, but they'll also make you look better in your family photos, says New York dermatologist Neil Sadick, author of "The New Natural: Your Ultimate Guide to Scalpel-Free Age Reversal."

When you're eating those orange-colored root veggies, you're getting a dose of Vitamin A, which promotes the regeneration of skin cells. Those bright red berries are giving you a shot of antioxidants — and a more youthful glow. As for pumpkin, it comes packed with carotenoids, high-potency nutrients that boost new collagen.

Don't like the taste? "Take the pulp and put it on your skin," suggests Sadick, who recommends leaving it on for 20 minutes for a "pumpkin peel." He says the anti-aging results are better than what you'd see with alpha hydroxy acid.

If you think that's worth celebrating with a drink, make it a beer. And make it just one, Sadick says. But that single pint contains a good amount of silica, which has a host of health benefits, including reducing your risk of skin cancer.

Although Sadick likes to remind people that it's what's on the inside that counts, when it comes to aging, you also have to think about what's outside. And when there's sunshine — even in chilly weather — you have to remember to slather on sunscreen.

Then you won't need to count on the wishbone to fight your wrinkles.

VICKY HALLETT (EXPRESS)



For a pumpkin peel,
simply scoop out
pulp and place it
on your face for
20 minutes.



Talk About Beauty Sleep!

How did Sleeping Beauty manage to lie there for 100 years and wake up with flawless skin? Maybe it was a copper pillowcase. A new study, published in the *Journal of Cosmetic Dermatology*, found that subjects who slept on copper-fiber pillowcases woke up with smoother skin. The metal regulates the secretion of skin proteins and stabilizes them, the study says. (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

The Pleasure Center

Trojan arrives in D.C. today to give out free vibrators downtown

Trojan created quite a buzz this summer when the company set up "Pleasure Carts" — modeled after traditional hot dog carts — on New York City street corners and started handing out free vibrators. Although the city temporarily shut the endeavor down (over permit problems), Trojan managed to power up again and give away 4,000 of its Pulse and Tri-phoria models.

Now it's Washington's turn to line up for freebies. Today, the carts will be stationed outside the Park at Fourteenth (920 14th St. NW, Facebook.com/trojanvibrations) from noon to 4 p.m.

While waiting your turn, consider which intimate massager



New Yorkers took home 4,000 vibrators from Trojan's "Pleasure Carts" in August.

you'd prefer: The Pulse (\$30) is fairly basic, while the Tri-phoria (\$40) has additional speed settings and three interchangeable tips. Both run on a single battery and come with a satin pouch for

discreet storage.

The giveaway is about more than pleasure. Trojan's resident sex educator, Logan Levkoff, Ph.D., notes that vibrators can play a role in well-being, and research shows

women who use them are more likely have had a gynecological exam within the past year than women who eschew the devices.

53%

The number of American women who have used a vibrator, according to Indiana University's Center for Sexual Health Promotion.

"Exploring and enjoying your sexuality helps you to become more aware of your physical health," Levkoff wrote in an email.

Maybe that's why vibrators are gaining popularity. A study from the Center for Sexual Health Promotion at Indiana University found that 53 percent of American women have used one in their lifetime.

That number might go up after today. FIONA ZUBLIN (EXPRESS)

Stethoscope

UROLOGY

A Truly Private Matter

Getting hit in the crotch is no laughing matter to the nearly 16,000 people who end up in U.S. emergency rooms every year after such an unfortunate incident, according to a study in the Journal of Urology. Researchers found that most of the injuries were the result of accidents involving sporting goods (particularly bicycles), furniture and zippers.

ALCOHOL

Bar Around the Corner Encourages Drinking

It's convenient to live close to that pub, but it can also be risky, according to Finnish researchers. In a study of 55,000 people, subjects who moved about a half mile closer to a bar saw their odds of becoming heavy drinkers shoot up 17 percent. It's also possible that the heaviest drinkers wanted to live close to bars.

RESEARCHER SEEKS SPOUSES/PARTNERS OF FOREIGN ASSIGNED US FEDERAL GOVERNMENT EMPLOYEES

to explore how accompanying spouses/partners experience the process of returning to the US. To participate you must be ages 18 years or older, lived in a foreign country for at least six months and returned to the US within the past one to three years, and lived in the US prior to the foreign assignment. This is a one hour in person interview that may require a five minute follow-up by telephone. There is no cost to participate and participants will receive a \$25 Visa gift card upon completion of the study. To participate e-mail: disresearch2012@gmail.com and provide your name, telephone number and the best time to contact you. Please use caution with information sent through the email as the information may be compromised by others.

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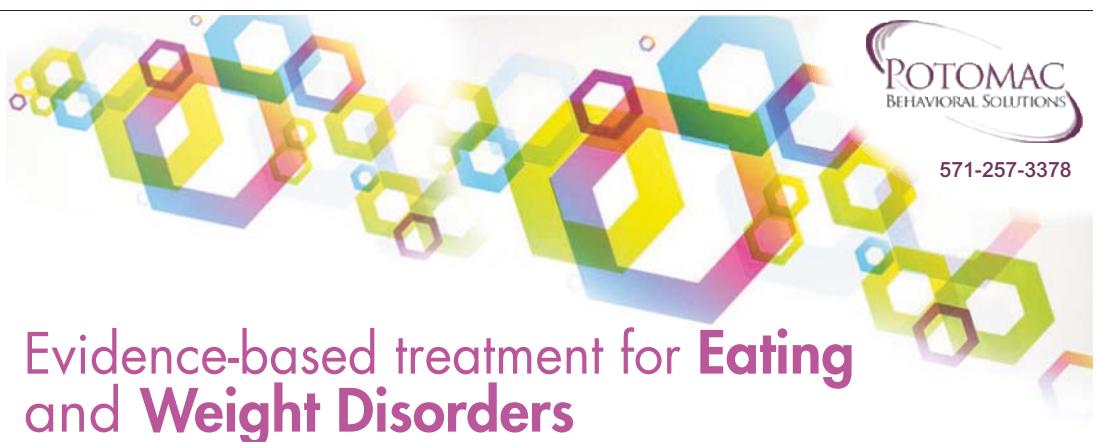


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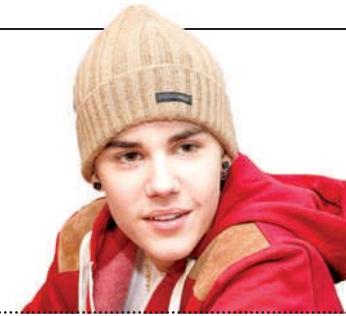
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*Source: MORI Research, Fall 2011

lookout



That Was Fast

Justin Bieber may be close to reconciling with Selena Gomez **43**

Sound Bets



CHRISTOPHER PORTER

The Song Is Over

November is Gratitude Month, and this year I'm thankful for:

Growing up in the Detroit area and having so many amazing radio stations form my ecumenical musical interests.

The first record I ever bought: Kiss' "Destroyer," above.



By Christopher Porter

My first concert being the J. Geils Band and not my other great options, Van Halen and Queen—it's a Michigan thing.

Hearing D.C. punk icons Minor Threat and Rites of Spring in high school, and Maryland noise-poppers Black Tambourine a few years later, all of which spurred my interest in moving here.

The newspapers at Howell High School and Eastern Michigan University for publishing my nascent music writing, and for the late-'80s fanzine world that motivated me to scrawl my own.

Washington City Paper for printing my first professional articles, which led to writing for many other publications, including Express, which has hosted me in this space for the past three years.

You readers. Sound Bets will play on, but with a new house band. My song is over, but I look forward to hearing a new needle drop on the record next week.



Read Christopher's previous columns at: expressnightout.com/soundbets

In Case of Emergency

With no end in sight, 'Doomsday Preppers' follows folks planning for the apocalypse

Television

NAT GEO
10:00

You don't need Mayans or even R.E.M. to tell you it's the end of the world as we know it.

Just look at the recent string of natural disasters and economic breakdowns.

It's making some people dig backyard bunkers like they haven't since the Cold War, stock food as if the supermarkets weren't and build up arsenals worthy of a small army.

And it's helped make "Doomsday Preppers," which depicts these activities, the top-rated program on the National Geographic Channel.

As the show embarks on its second season Tuesday, "Doomsday Preppers" has become a hit in part because of the paranoia and survivalist instincts it conjures, a popular theme it shares with scripted series such as "The Walking Dead."

"Preppers" also succeeds because National Geographic can have it both ways, providing its dire and extreme predictions for one audience while endlessly amusing skeptics with an array of colorful characters sporting gas masks and armed with Super Soakers full of homemade pepper spray. The kind of folks who are often compelled to begin their interviews by declaring, "I am not a nut."

The title for the new season's

WASHINGTON NATIONAL GEOGRAPHIC CHANNELS

Members of the Southwick family of West Jordan, Utah, don gas masks for a chemical attack drill on "Doomsday Preppers."

Humor

Not All Doom and Gloom

The humorous aspects of "Doomsday Preppers" have been vigorously promoted by the National Geographic Channel, and Stephen Colbert, right, has called it one of his favorite shows. Some of the series' scenes even seem staged for laughs, such as one of a paperboy who tosses a paper onto a perfectly manicured driveway in suburban Clarke County, Va., only to face a small militia of neighbors with automatic weaponry. (TWP)



days his or her supplies could last. The assessment is usually followed by the kicker: a disclaimer that whatever fear the preppers are furiously preparing against is remote.

For some, such as the Southwick family of West Jordan, Utah, prepping is a family affair. Braxton Southwick drills family members and prepares them for what he believes may be a chemical attack

"I still have normal friends and have a totally normal life," says Braxton Southwick Jr., whose family is featured in Tuesday's premiere. "I do tell them about my prepping and everything, and I kind of make it out not to be crazy. I make it out more to be smart because I feel like it really is. You always want to have a plan and not need it instead of need a plan and not have it."

ROGER CATLIN (THE WASHINGTON POST)

first episode, in fact, is "Am I Nuts or Are You?" It features a Nashville music producer who is preparing to enhance his underground bunker with an even more protective old fuel tank. Whatever his nuclear fallout survival techniques, "I am not going to drink my own urine," Big Al assures the camera crew.

With ominous music and a

breathy, deadly serious narrator, "Preppers" spends much of its time fanning the perceived threat even as the subjects beef up their stockpiles and organize drills.

At the end of each segment, a team of experts from a North Carolina company called Practical Preppers gives a score on how ready the subject is, along with how many



Little Blue Dress: The now-faded blue gingham dress Judy Garland, left, wore in "The Wizard of Oz" has sold for \$480,000. Auction house Julien's Auctions says the pinafore fetched the highest price of any item during a two-day auction of Hollywood memorabilia that attracted bids from around the world. Steve McQueen's racing jacket sold for \$50,000, as did a purple skirt worn by Marilyn Monroe while filming "River of No Return" in Canada. (AP)

lookout entertainment

The 'Twilight' Swan Songs

A melancholy mood dominates the series' final soundtrack

Album Review

It's a sad goodbye from "The Twilight Saga," which sees its last installment, "Breaking Dawn — Part 2," hit the big screen this week. The soundtrack reflects a melancholia that lingers over the sound like dust over old boxes of

family photos.

This final film steps away from the romantic dilemmas of previous outings into a tense confrontation between vampire factions. Yet the album is more focused on delivering a soulful sound that is neither too arcane nor too mainstream. It's just quirky enough to be embraced by the hordes of teenagers who've grown up alongside Bella and Edward.

Nikki Reed, who plays Rosalie Hale in the film, makes an appear-



'The Twilight Saga: Breaking Dawn — Part 2 Original Soundtrack'

ance on the instrument-stripped piano ballad "All I've Ever Needed," alongside her husband and former "American Idol" contestant Paul McDonald. Green Day, the biggest act on the soundtrack, is bland on "Forgotten."

Ellie Goulding, however, man-



SUMMIT ENTERTAINMENT

Nikki Reed, who plays Rosalie Hale in the "Twilight" films, sings a song on the "Breaking Dawn — Part 2" soundtrack.

ages to give the album a touch of playfulness with her energetic "Bittersweet."

The rest of the songs alternate between diaphanous guitars like POP ETC's "Speak Up" and dreamy tunes such as Feist's "Fire in the Water" and James Vincent McMorrow's "Ghosts." There's also haunting strings, like on "New for You" by Reeve Carney, best known for playing the lead in Broadway's "Spider-Man: Turn Off the Dark."

It's all a bit wailing, like a highly enjoyable mourning parade that performs at its own death.

CRISTINA JALERU (AP)

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entertainment lookout

Song Craftsman

On his fifth album, Ne-Yo puts meaning behind dance music

Q&A

Ne-Yo knows that dance and electronic music dominate the charts and radio, but he believes some of the lyrics are weak.

"There's dance songs out there with four words in the whole song, and it don't ever matter," he says. "Because ... it's about the music, the ups and downs in the music ... and then it explodes — that's what that genre of music is about."

But when he approached that sound on his fifth album, "R.E.D.," the 33-year-old Grammy winner said he took the time to craft lyrics that have meaning.

"I told myself if I'm going to do this dance music or electronic or techno or whatever it is," he says, "I need to do it from a standpoint of making mine stand out from everybody else's."

You have two children. How has parenthood altered your process?

I used to pride myself on how fast I can write a song. Now it's definitely quality over quantity. ... The better the song, the more likely somebody's going to buy it; someone buys



AMY SUISSMAN/INVISION/AP

Ne-Yo had a lot to prove with "R.E.D." after his previous album didn't perform so well.

R.E.D.
Ne-Yo

it that means I get money and I can take care of my kids.

What was the energy like when you made the new album?

There was almost an essence of me needing to prove something [because] my last album didn't perform as well as my previous three.

You come off as very honest on "Cracks in Mr. Perfect," where you sing about infidelity.

That was the one record I was a little afraid of. People are going to

hear this and change the way they view me. ... The difficulty came in with the honesty. Like, do I want to be this honest? Do I want to say to somebody, "I'm a man of my word, but only when I'm not lying"?

How did you and Tim McGraw get together?

I actually ran into his manager in London and ... when we played "She Is," I was like, "This is my take on a country song. Hopefully if all goes well, you'll see me performing this at the Country Music Awards with Tim McGraw or somebody." His manager happened to be in the audience and he was like, "We can make that happen." MESFIN FEKADU (AP)

Today's Top Stops



1 But It Smells Odd

Hip-hop artist Macklemore, left, and his producer Ryan Lewis became the faces of the stylish recession this year with their catchy video for "Thrift Shop." We needed reminding that you can get the vintage look from actual vintage — or, as they put it, "I'ma take your grandpa style." Dress code for tonight's show: guess. **9:30 Club, 815 V St. NW; Tue., 7 p.m., sold out; 202-265-0930, 930.com. (U Street)**

2 The Pointe Of It All

The San Francisco Ballet, which hasn't visited the Kennedy Center in four years, returns this week with two programs — one is a series of short pieces, and the other is a full-length "Romeo and Juliet," adapted by artistic director Helgi Tomasson. It's nice that people with any level of attention span can enjoy ballet these days. **Kennedy Center, 2700 F St. NW; through Sun., \$25-\$109; 202-467-4600, Kennedy-center.org. (Foggy Bottom)**

'Sex and the City' Meets Real Life

Book Review

Jennifer Spiegel's first novel gives us a 30-year-old heroine who lives in Manhattan, writes a column for an alternative weekly and dates a hot finance guy with an apartment on Central Park West.

But if you think we're dealing with the second coming of Carrie Bradshaw, oh baby, think again. "Love Slave" (\$14.95, Unbridled Books) is "Sex and the City" with a big ol' nasty heaping of reality thrown in.

In Spiegel's telling, columnist Sybil Weatherfield is strictly bound by the laws of financial gravity. Because she can't live on the salary alt weeklies pay, she has to — gasp! — work as a temp, too. Her Greenwich Village apartment is extremely small and incredibly loud. She eats canned tuna. Her going-out dress is from the Gap. She keeps New York thin, but only by vomiting up any caloric indulgences. And though she hangs out with her best girlfriend at hipster cafes, pretty much all they do is talk about whether to leave New York. Oh, and her column — her self-described "neurotic little feature ... completely devoted to [her] disappointments" — is called

ANASTASIA CAMPOS
Jennifer Spiegel's "Love Slaves" is set in the kind of New York seen on HBO.

Abscess. As in "an open wound. Sounds a lot like obsess."

And yes, these people do obsess. They whine ("I don't like my life... I'm thirty, I don't want to be thirty-one here"), and then they whine about how whiny they are. "I hate this," says the real love interest of the story, a Roy Orbison look-alike who's the lead singer of an alt-rock band called Glass Half Empty. "Naval-gazing, myopic, self-absorbed nonsense."

If Sybil is tired of her own tiresomeness, her despondency, her arrogance, how is the reader supposed to feel? Mainly just glad not to be "biding time," searching for grandeur in hard, proud, grimy Gotham.

CLAUDIA DEAN (THE WASHINGTON POST)

COMPILED BY FIONA ZUBLIN

FREDERICK M. BROWN/GETTY IMAGES



3 Book Deals For Everybody!

Journalists love to write books, so expect lots of journalists (and some normal people, too) at the National Press Club Book Fair. David Maraniss, left, is an editor at the Washington Post as well as the man behind controversial biography "Barack Obama" — we bet he'll be happy to sign your face. **National Press Club, 529 14th St. NW; Tue., 5:30 p.m., \$10; 202-662-7500, Press.org. (Metro Center)**

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A message from Metro General Manager Richard Sarles

If it seems like just about every other person in your downtown office building takes transit to work, that's because they do.

On any given day in the core of downtown D.C., 45 percent of all the commuters you see arrived there via bus or rail. Across the entire region, 19 percent of commuters rely on transit systems, which is far greater than the number for many of the country's 50 largest urban areas.

Since 2000, transit's share of commuting in the region increased from 15 percent to 19 percent — ridership has grown faster than the population.

This is great news. We want as many people as possible to use our system. But it also gives us pause to consider a question of generational proportions: How will we accommodate tomorrow's commuters as the region's phenomenal growth continues?

We know that over the next 30 years, the region's population is expected to grow by 30 percent, or a city the size of Houston. And regional commuting patterns are not just about downtown

destinations, but also between suburban employment centers. That means Metro's capacity, which is pretty much at the maximum now, will have to expand at least that much, perhaps even more.

Last month, I told you about Momentum: The Next Generation of Metro, our strategic plan process for the next 30 years. After just a few weeks, thousands of people have visited the crowdsourcing site (www.wmata.com/momentum), and we are grateful for the hundreds of comments and suggestions like concentrating on expanding the system's core before we add rail extensions, and adding mezzanines, improved signage, and stairs to our stations.

At the end of October, we tossed out a new set of topics to further leverage our riders' collective creativity and experience. Have you used public transportation in other cities in the U.S. or abroad?

So, please, take a minute to help. To us, you're not just every other downtown worker.



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Cliffs Notes: Humanity

'Mankind' presents a broad, fast-moving history of humans

Miniseries

HIST 9:00 Josh Brolin narrates the History Channel's "Mankind: The Story of All of Us," a multi-part follow-up of sorts to "America: The Story of Us."

Broad survey histories are the kind of films that give history documentaries a bad name. Narratives that try to encompass "the history of mankind" are so vast as to be slightly absurd. In history, as in fiction, good storytelling requires a particular narrative angle.

A few years back, the documentary "Helvetica" discussed modern notions of design, politics and societal attitudes, all while explaining the history of a single typeface. Films that explore generalities through a particular subject are much better than ones that try to tackle a huge topic in a cou-



"Mankind" features cinematic recreations of events from around the world and throughout human history. The scene above is set in Africa 60,000 years ago.

ple of hours.

"Mankind" is a handsome effort filled with cinematic re-enactments, but it is literally all over the map. History marches on at a startling clip. We go several billion years from the Big Bang to the "dawn of man" (yes, it uses that hackneyed phrase) in about two minutes.

Four minutes later, we've

invented fire and cooking. Cable star Anthony Bourdain makes an appearance to tell us (very briefly) how important cooking is to culture. About 45 seconds later, newscaster Brian Williams gushes about prehistoric cave paintings. Can early agriculture be far behind? Wait half a minute and you'll find out!

KEVIN McDONOUGH (UNIVERSAL UCLICK)

Best Bets

CW 8:00

Hart of Dixie With Lavon and Ruby (Golden Brooks, right) in a dead heat for mayor, Lemon resorts to some creative methods to break the tie. George and Wade also have a plan to pick up some votes, but Wade's ex won't cooperate.



TLC 9:00

Little People Big World: Wedding Farm The Roloff family is back in this new series, which has Matt and Amy operating a new wedding venue on their Oregon-based farm. See them tackle everything from inclement weather to cake catastrophes.



ABC 10:00

Happy Endings Max (Adam Pally, left) has a gig warming up crowds at bar mitzvahs, and Penny urges Brad to try working the circuit with him, but things get tense when Brad proves to be a natural at it. Dave and Alex try to be romantic, but don't find much success.

FOOD 10:00

Chopped Tasked with creating a new twist on Thanksgiving favorites, the contestants find gizzards in the appetizer basket and pumpkin pie in the entree basket. And since the pie is in the main course, their final offerings must be chocolate-based. (TRIBUNE MEDIA)

Documentary

Creature Features

The six-episode series "Frontier Earth" (8 p.m., Animal Planet) examines some of Earth's most elusive creatures and their unique methods of survival in their distinct habitats. Tonight's premiere, hosted by large predator expert and zoologist Dave Salmoni, follows Dr. Ingrid Visser to New Zealand waters to investigate a mysterious threat to the orca, otherwise known as the killer whale. (TM)



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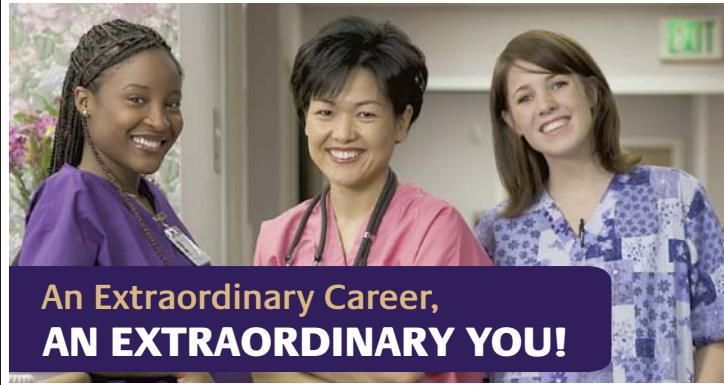
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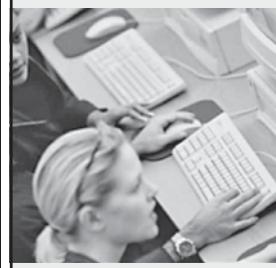
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Capital View Gateway Gardens Apartment Homes Apartment Homes • Free Utilities • Recently Upgraded Apartments • Open Floor Plans with Spacious Closets • Close to Metro • Teacher, Military, Police Discounts Available • Refreshments & Door Prizes 4203 58th Ave., Bladensburg, MD capitalview.net & gatewaygardens.net 888.448.9013	CARFIELD COURT On residential street next to DeMatha HS Off-st parking -Ceiling Fans (tenant pays electric) 301-779-1734	Call Now For Our FANTASTIC SPECIALS! COLONIAL VILLAGE 908 Marcy Ave. • Oxon Hill, MD 20745 888-583-3047	Call Now For Our FANTASTIC SPECIALS! FLETCHERS FIELD 5249 Kenilworth Ave. • Hyattsville, MD 20781 866-805-0782	Call Now For Our FANTASTIC SPECIALS! KINGS SQUARE 3402 Dodge Park Rd. • Landover, MD 20785 877-898-6958 www.kingssquareapartments.com
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University City Convenient Location! All Utilities Included for a small fee. Renovated Apartment Options Shuttle to U of MD. 1 & 2 Bedrooms From \$869 Some restrictions apply (888) 272-6289 2213 University Blvd. E • Hyattsville, MD 20783	Hyattsville ALL UTILITIES INCLUDED! \$200 Off 1, 2 & 3BRs FROM \$1017 1st Month's Rent* • Renovated or classic apts available • Spacious floor plans • Minutes to B/W Parkway & DC • On-site fitness center 3400 55th Ave • 301-328-1107 *limited time offer, ask for details THE DONALDSON GROUP	Quincy Manor/ Monroe Gardens Hyattsville 1-BR \$685 1-BR (lge) \$705 2-BR \$769 2-BR (lge) \$914 3-BR \$950 Gas & Electric Not Included. Deposit one Month Rent on approved credit Call Now For Details 301-277-6610	MD RENTALS The Villages At Montpelier 11658 South Laurel Drive Laurel, MD 20708 • 1 and Dens • 2 and Dens • 2 Bedrooms • 3 Bedrooms Now available for immediate move in. 866.914.9712	MD RENTALS OXON HILL - 3BR, 2BA, eat-in-kitchen, fenced back yard, basement, near Bus line & Wash Harbor. \$1,650. 301-283-0382
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▲ "Mr Zuckerberg: by all means keep giving people new tools — as you did when you created Facebook. But when you start doing things for us — the experience is anything but social or remotely positive. You have infantilised my relationship for me with the creation of www.facebook.com/us. Only I should get to do that."

— **EMMA BARNETT** at telegraph.co.uk/women/sex dislikes Facebook's new couple's pages, which automatically curate your relationship with your significant other.

▲ "Monosyllabic is the word version of a fat guy named Skinny."

— **@JAMESURBANIAK** offers up some vocabulary humor to start the week.

▲ "More tedious than scandal-mongering: pretending not to be interested in scandal."

— **@ABURNSPOLITICO** calls out people who act like they're too high-minded to be interested in the affair between ex-CIA Director David Petraeus and his biographer, Paula Broadwell.

▲ "The irony of saying 'I remember waking up and watching music videos every morning before school' is that's exactly when MTV shows music videos currently."

— **COMMENTER PANCAKEMCKENZ** at pigeonsandplanes.com reacts to a YouTube video called "Why Doesn't MTV Play Music Videos Anymore?" in which a faux TV exec points out the reality of the pop culture demographic and how piracy has affected the music industry.

▲ "You may think Nick Cannon's a cornball, but it was hard to find flaws in his improv comedy show, 'Wild N' Out.'"

— **KAZEEM FAMUYIDE** at hiphopwired.com thinks a relaunch of the program, announced by MTV2 on Monday, will be successful when it airs in 2013.

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YOU MAY BE ELIGIBLE FOR A RESEARCH STUDY testing whether an investigational drug compared to a placebo can help reduce your cravings for alcohol.

You may be eligible for the study if you:

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Participants will:

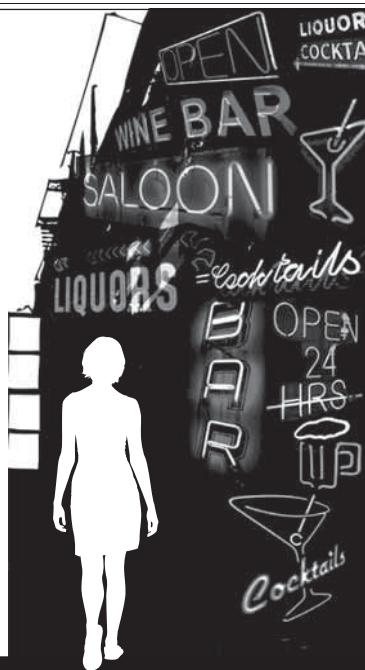
- Stay at the Clinical Center in Bethesda, Maryland, for about five weeks
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puzzles lookout

Horoscope

SCORPIO (Oct. 23-Nov. 21) You may go through the beginnings of an emotional freak-out today, but a friend lends you his or her ear and sets you straight.

SAGITTARIUS (Nov. 22-Dec. 21) It is likely to take more time to prepare to do something than to actually do it. Schedule things efficiently.

CAPRICORN (Dec. 22-Jan. 19) You may wish you were in touch with someone who used to figure prominently in your daily affairs. Why not reach out?

AQUARIUS (Jan. 20-Feb. 18) Someone is trying to involve you in a situation. It may not turn out that well for you if you continue to follow the same course.

PISCES (Feb. 19-March 20) You may not know what someone means when he or she gives you certain advice. You have a feeling something is amiss.

ARIES (March 21-April 19) Information comes to you piecemeal today. You can put it all together like a puzzle and, in the end, come away with the answers you need.

TAURUS (April 20-May 20) You may be feeling uninspired and unenthusiastic at this time. Once you get started you'll build momentum quickly.

GEMINI (May 21-June 20) You will surely want the advice of someone who has been in your shoes, though it may not come to you in the way you are expecting.

CANCER (June 21-July 22) Pick up the pace today and see if you can do more than expected in less time than you are given. Peak efficiency can be reached.

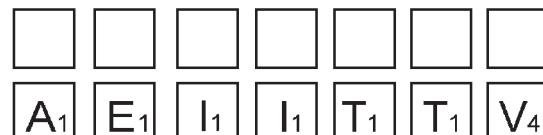
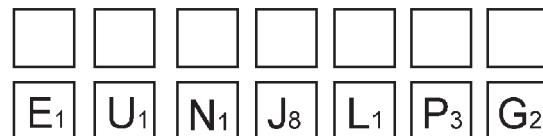
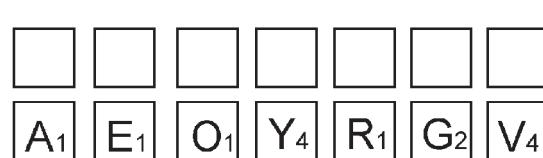
LEO (July 23-Aug. 22) Now is not the time to share your feelings in an unrestrained or uncontrolled manner. Mind your manners and use courtesy.

VIRGO (Aug. 23-Sept. 22) It's a good day to spread your wings and experiment with a new brand of creative expression. Someone close to you offers support.

LIBRA (Sept. 23-Oct. 22) The more prepared you are, the more likely you will be able to adjust to changing circumstances as they evolve. Don't get stuck in the mud!

Scrabble Grams

PAR SCORE 145-155, BEST SCORE 213



Double Word Score



3rd Letter Triple

Yesterday's Solution

E1	G2	O1	I1	S1	M3		RACK 1 =	9
C3	U1	R1	S1	I1	V4	E1	RACK 2 =	63
D2	E1	N1	T1	I1	N1	E1	RACK 3 =	58
M3	A1	P3	L1	I1	K5	E1	RACK 4 =	95
							TOTAL	225

FOUR RACK TOTAL

Make a 2-7 letter word from the letters in each row. Add points of each word using scoring directions at right. Seven-letter words get a 50-point bonus. Blank tiles used as any letter have no point value. Scrabble is a trademark of Hasbro in the U.S. and Canada.

Comics

POOCH CAFE | PAUL GILLIGAN



PEARLS BEFORE SWINE | STEPHAN PASTIS



Sudoku

MEDIUM

5		1	8	9	3			
	3					4	6	
9	2	6	4			1	8	
	3	4	7	2			9	
4								5
2						5	3	1
3	2					8	7	4
8	9					4		
1	5	2	6				9	

Yesterday's Solution

1	4	7	3	2	8	9	5	6
2	3	5	4	9	6	7	8	1
8	9	6	5	1	7	2	4	3
4	1	8	2	5	3	6	7	9
5	7	3	9	6	4	8	1	2
6	2	9	7	8	1	5	3	4
7	5	2	1	4	9	3	6	8
3	6	4	8	7	2	1	9	5
9	8	1	6	3	5	4	2	7

Need more Sudoku?
Find another puzzle in the Comics section of The Post every Sunday and in the Style section Monday through Saturday.

Forecast



51 | 36

Today: Cooler today with rain. Partly cloudy tonight.



50 | 35
Tomorrow: Mostly sunny tomorrow. Patchy clouds tomorrow night.



52 | 38 | 55 | 39 | 53 | 40

Looking Ahead



THU | FRI | SAT

Sun and Moon

Sunrise today: 6:49 a.m.
Sunset today: 4:56 p.m.
Moonrise today: 6:23 a.m.
Moonset today: 4:46 p.m.

Normal high: 59
Record high: 77
Normal low: 42
Record low: 24

FORECAST BY ACCUWEATHER.COM ©2012

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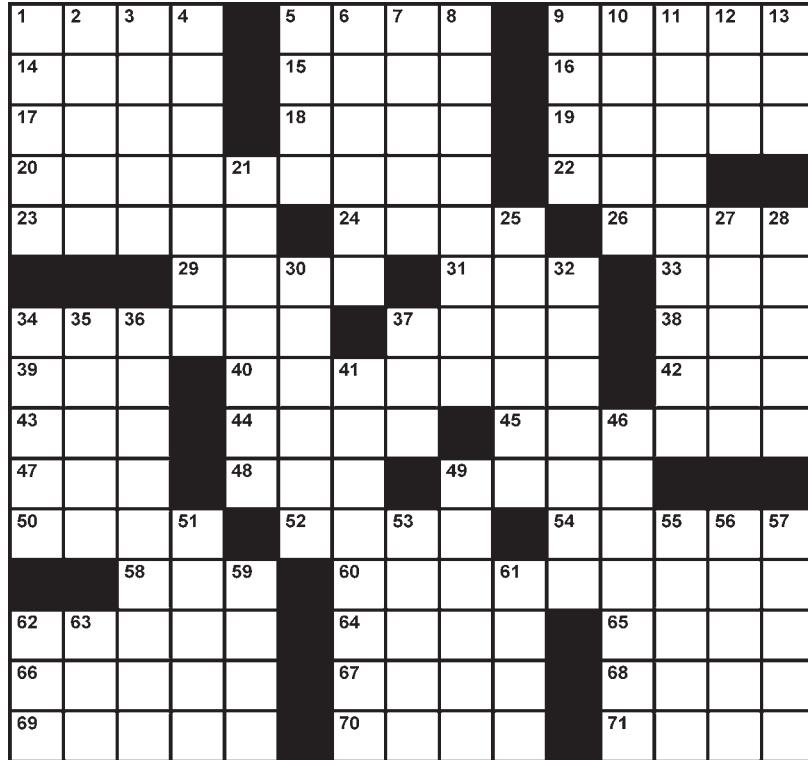
lookout puzzles

IN FRONT

Crossword

ACROSS

1 Light brown shade
 5 Varieties or sorts
 9 In a frigid manner
 14 Give temporarily
 15 Like the dead of night
 16 Hindu noblewoman (Var.)
 17 Ilsa's "Casablanca" surname
 18 Waikiki wingding
 19 At great speed, at sea
 20 As a rule
 22 The Simpsons' neighbor Flanders
 23 Cubic cordwood measure
 24 Wings of buildings
 26 An egg, to Caesar
 29 Aim
 31 Cow's mouthful
 33 Santa ___, Calif.
 34 Baltimore ballplayer
 37 Skating champ Lipinski
 38 Not a whiff
 39 Skillet
 40 Comprehensive, as a report
 42 Portable bed
 43 Muckraker Tarbell
 44 ___ off (started a golf hole)
 45 Roswell visitors, supposedly
 47 Catch
 48 Lush's sound
 49 Leaf-to-branch angle
 50 Stonestreet of TV
 52 Unable to hear
 54 Ego type
 58 Go aimlessly
 60 On ice
 62 Fabric softener made by Procter & Gamble
 64 Blood sample container
 65 Windy Scot?
 66 Roundish
 67 Oscar-winning Thompson
 68 Adolescent facial affliction
 69 "Key to the City" presenter



EDITED BY TIMOTHY E. PARKER

70 Spotted
 71 "___ we forget ..."

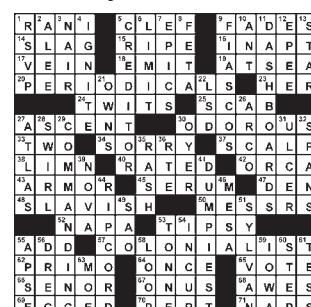
DOWN

1 Immigrant's island
 2 Get to a figure
 3 Mountain chain
 4 Be involved in, as treatment
 5 Sitting on one's hands
 6 Hardy partner
 7 South African pen
 8 Brimless head cover
 9 Present-day Persia
 10 Small featured role
 11 When you might pay
 12 Hawaiian accessory
 13 Japanese monetary unit
 21 Erstwhile stone tool

25 Additional charge
 27 Confederacy's opponent
 28 Grains used in distilling
 30 Twelve-book Trojan tale
 32 Showy flowers
 34 Have one's say
 35 Clerk of the 4077th
 36 With a ton of ceremony
 37 CNN founder Turner
 41 Fools
 46 Not licit
 49 Peaked house
 51 Division of a long poem
 53 Japanese cartoon style
 55 Cheat at drawing
 56 Makes equal
 57 Get a new tenant for

59 One who tints fabrics
 61 Great flair
 62 Perignon's title
 63 Plural of 26-Across

Yesterday's Solution



Today in History

1942 President Franklin D. Roosevelt signs a measure lowering the minimum draft age from 21 to 18.

1956 The U.S. Supreme Court strikes down laws calling for racial segregation on public buses.

1982 The Vietnam Veterans Memorial, designed by Maya Lin, is dedicated on the National Mall in Washington.

express



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people lookout

CLOSE CALLS

'Paul Is Dead' Conspiracy Theorists Not Sure How They Should Feel About This

Sir Paul McCartney lived through a close call in May, according to Britain's Daily Mail. A report that surfaced this weekend says that McCartney and his wife, Nancy Shevell, were heading home to East Sussex in a helicopter when their pilot became disoriented and the chopper nearly plunged into the ground. They eventually landed safely at a nearby airport. (EXPRESS)



SLEEPING AROUND

His Next Short Silent Film Is Titled 'Secret Agent Nap'

James Franco and the girl he has claimed to not be dating, Ashley Benson, went to see a midnight screening of "Skyfall" at Hollywood's ArcLight theater last week. Anonymous eyewitnesses told the New York Post that Franco and Benson fell asleep during the movie. In 2009, Franco was photographed sleeping through a lecture at Columbia University. (EXPRESS)



Franco hopes to be awarded "Best Public Napping" at this year's Oscars.

Dirtbag Digest

Even the Hulk Is Like, 'Come On, Bro'

Shia LaBeouf got into a bar fight at South London's Hobgoblin pub when he stopped in to drink and pose for photos, according to Britain's The Sun newspaper. When a student stole his baseball cap and refused to return it, other bar patrons had to separate the two. Witnesses said the student was just joking but that it turned into a scuffle. (EXPRESS)



EAMONN MCCRACKEN/GETTY IMAGES

CALL IT EXHAUSTION?

Liza With a Zoloft

Legendary star Liza Minnelli, 66, was reportedly "a total mess" at the New York Landmarks Conservancy Awards on Thursday. The New York Daily News cited anonymous sources who said she was "[clinging] to the podium" and "unable to sing." They said Minnelli was clearly trying to perform a song — possibly "New York, New York" — but the melody was unintelligible. (EXPRESS)

RUMORS

Fake Relationship Has Stunning Twist Ending

Insiders say that recently split couple Justin Bieber and Selena Gomez are talking to each other in New York and may be on track to reconciling, reports Showbiz Spy. The anonymous sources alleged that despite busy schedules and Gomez's waffling, the two will likely meet to talk while Bieber is in Brooklyn to perform a concert, and that they're "desperate to see each other." (EXPRESS)

"When I got home, I couldn't react to the chaos of the world without being overwhelmed. It took me weeks till I felt like myself again."



— ANNE HATHAWAY, IN AN INTERVIEW WITH VOGUE MAGAZINE, ON LOSING 25 POUNDS TO PLAY A DYING, CONSUMPTIVE PROSTITUTE IN "LES MISERABLES."

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A person is shown from the waist up, wearing a stack of shirts. The visible shirts have the following slogans: "Activist WONK" (blue shirt), "WORLD PEACE" (orange shirt), "RESTORE FISCAL SANITY" (white shirt), and "LIVING GREEN" (green shirt). The person is also wearing a belt and jeans. The background is a solid olive green.

**Activist
WONK**

WORLD PEACE

**RESTORE
FISCAL SANITY**

**LIVING
GREEN**

**KNOW
WONK**

**WE WEAR OUR
ISSUES
ON OUR SLEEVES
AND CAUSES ON OUR SHIRTS
CHANGING THE
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IS AT THE HEART
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